

*Below is a selection of three menus available at the YMCA this summer*

# **Summer Conference Menu**

## **Chicken Caesar Salad £6.50**

*Served in a bed of coz lettuce with fresh parmesan cheese*

## **Crispy Bacon & Stilton Salad £6.50**

*Served with*

*Crisp lettuce, sliced pears, cucumber and cherry tomatoes*

## **Lemon & Garlic Chicken £6.50**

*Served with vegetable cous- cous*

## **Spaghetti Carbonara £6.50**

*Spaghetti in a creamy carbonara sauce served with garlic bread a side salad*

## **Spinach, Asparagus & potato Frittata £5.50**

*Served with fresh crisp salad and bread*

## **BBQ Beef Melt Baguette or Tuna Melt Baguette £4.50**

*(Served with mixed salad and kettle crisps)*

## **Ploughman's Platter £5.50**

*A Wedge of Cheddar cheese, fresh crusty bread, onion salad and an apple with a generous dollop of pickle*

# ***Finger Buffet 1***

## ***A selection of sandwiches***

(On a combination of white and whole meal bread decoratively arranged on a platter with salad garnish)

### ***Chicken skewers***

(Served with a Satay sauce)

## ***Mixed Selection of savory filled pastry croines***

### ***Selection of mini quiches***

(Salmon & broccoli, quiche Lorraine, smoked bacon & stilton)

### ***Pineapple, cheese & red grape mini kebabs***

## ***Mini Patisserie Selection***

(Chocolate éclairs, coffee éclairs, fruit tartlets, vanilla & hazelnut choux)

**£6.95 PER HEAD**

# ***Executive Cold lunch Buffet 1***

***Succulent Roasted Sliced Beef***

***Sliced Honey Roast Gammon Ham***

***YMCA Executive coleslaw with Apple & Walnuts***

(Finely grated red cabbage, onions, carrot and apple with a sprinkling

Of toasted walnuts)

***Tossed Mixed Green Salad***

(green peppers, spring onions, cucumber celery and crisp cos lettuce combined  
with a selection of fresh herbs)

***Potato & Chive salad***

(Baby new potatoes in a light mayonnaise and sprinkled with fresh chives)

***Tomato & Onion Salad***

(In light vinaigrette)

***French bread***

***Gentlemen's Relish***

***Chocolate Gateaux***

***£8.95 PER HEAD***

