

Sample delegate menus 2012

Ian Howell, Head Chef at The West Wing has spent time identifying foods grown in East Anglia and understanding the availability throughout the year. The results are a selection of menus that try to recognise the seasons. The menus are provided to offer choice, freshness, quality ingredients and ultimately to ensure the delegates are fed well. On occasions we may have to substitute a dish if the produce is not available.

Winter – December, January and February

Hot Fork Buffet

Please select one of the following to accompany the vegetarian option shown below

Slowly braised beef and root vegetables in a rich red wine sauce
Seafood fricassee with lemon and parsley sauce

Macaroni and mature cheddar cheese and grilled tomato (v)

Accompaniments

Bakers potatoes
Chefs vegetables of the day

Desserts

Annie's hot sponge pudding
with English custard

Selection of freshly cut fruits

Winter – December, January and February

Finger Buffet

Selection of Sandwiches

Espresso cup, soup of the day (v)
Sweet pepper and potato frittata (v)
Olive oil and thyme marinated vegetable brochette (v)
Home made Ickworth fishcake and tartare sauce
Caramelized onion Pissaladiere (v)
Spicy marinated chicken wings
Thai beef and noodle salad
Welsh rarebit toasts (v)
Honey and mustard glazed chipolatas
Homemade sausage rolls
Deep fried brie with cranberry relish (v)

Please choose 5 from the above

Selection of fresh cut fruit
Selection of Ickworth cakes