

Delegate menus 2010

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.

Summer – June, July and August

Hot Fork Buffet

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

Lemon Roasted Corn-fed Chicken

Salmon Fillet

Goats Cheese and Red Onion Marmalade Tart (v)

Accompaniments

Roasted New Potatoes

Seasonal Vegetables

Desserts

Chocolate Brownie, chocolate sauce

Selection of freshly cut fruits

Summer – June, July and August

Finger Buffet

Selection of Sandwiches

Espresso cup of soup of the day (v)

Goujons of fish with tartar sauce

Vegetable brochettes (v)

Homemade savoury sausage rolls

Melon, feta and olive skewers (v)

Frittata (v)

Croque Monsieur

Parma ham bruschetta

Mini goat's cheese and tomato scone with tomato chutney (v)

Selection of crudités with dips (v)

Please choose 5 from the above

Selection of fresh cut fruit

Selection of Ickworth cakes