

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.

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