



# MONDAY BUFFET LUNCH WEEK 1

## TO START WITH...

A selection of mouth-watering composed salads, assortment of marinated and pickled vegetables, home-made charcuteries, decorative platters from land and sea, prepared by our chefs, combining local and international flavours, served with various dressings and infused oils

## SOUPS

Cream of Green Pea & Thyme Soup



## PASTA

Pasta with broccoli and Maltese Sausage Cream Sauce

Pasta with roasted peppers, onions and zucchini with tomato sauce



## MAINS

Baked Rock Fish with wine, fresh herbs, tomatoes and zucchini

Pork Stew, sweet chili and mixed vegetables

Grilled Turmeric Turkey breast with garlic and ginger

Fragrant basmati rice with spices



Steam Broccoli and cauliflower, buttered with garlic and parsley



Pan fried Aubergines with tomatoes, garlic oil topped with walnuts



Potato mash



French fried potatoes

## VEGETARIAN AND VEGAN DISHES

Sundried tomato, black olive, and mozzarella focaccia



Asparagus, leeks and sundried tomato quiche



Baked spinach and mushroom quesadillas



Vegetables curry with coconut milk and spices



VEGAN



VEGETARIAN

For special dietary requirements please don't hesitate to contact the management.





# TUESDAY BUFFET LUNCH WEEK 1

## TO START WITH...

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## SOUPS

Cream of Tomato & Basil Soup 

## PASTA

Pasta with cheesy white sauce, mushrooms and smoked pork ham  
Pasta with spinach and roasted pumpkin, tomato sauce 

## MAINS

Baked Merluzz Fillets served with Lemon and Dill Buerre Blanc  
Meat balls with capsicum, beetroot and tomato sauce  
Grilled Pork Steaks served with Honey Mustard sauce  
Moroccan couscous   
Steamed corn on Cob, buttered with garlic and fresh parsley   
Stir fried Broccoli, red peppers, and black bean sauce.   
Roasted potatoes with onions, black olives and anchovies  
French fried potatoes

## VEGETARIAN AND VEGAN DISHES

Vegan squash and cabbage sabzi   
Creamy Baked Gnocchi with Sweet Potato & Spinach   
Vegan Biryani   
Fritatata with Broccoli & Almonds 



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# WEDNESDAY BUFFET LUNCH WEEK 1

## TO START WITH...

A selection of mouth-watering composed salads, assortment of marinated and pickled vegetables, home-made charcuteries, decorative platters from land and sea, prepared by our chefs, combining local and international flavours, served with various dressings and infused oils

## SOUPS

Parsnip & Carrot Veloute'



## PASTA

Pasta with swordfish, cherry tomatoes and black olive tapenade

Pasta with tomato sauce, basil topped with mozzarella



## MAINS

Grilled Tuna served with Mediterranean Salsa

Grilled Chicken marinated thighs served with sage creamy sauce.

Roast Beef with Rosemary Jus

Kashmiri rice



Panache of seasonal vegetables



Pan fried Zucchini with onions and sundried tomatoes



New potatoes with parsley butter and garlic



French fried potatoes

## VEGETARIAN AND VEGAN DISHES

Vegetable Samosas served with mango chutney.



Barley risotto with garden peas and mushrooms



Vegan Shepherd's Pie



Flat bread with hummus, roasted peppers and onions with vegan cheese



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VEGETARIAN

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# THURSDAY BUFFET LUNCH WEEK 1

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## SOUPS

Cream of Potato & Asparagus Soup

## PASTA

Pasta with pancetta, zucchini and tomato sauce

Pasta with Spinach & Sweetcorn Cream Sauce 

## MAINS

Traditional fish Cakes served with aioli sauce.

Sticky slow-cooked roast rib with barbeque sauce

Irish Beef Stew with potatoes and peas

Steamed Rice with seasonal vegetables 

Buttered Peas 

Sweet & Sour Carrots 

Roasted potatoes with spices, garlic and herbs 

French fried potatoes

## VEGETARIAN AND VEGAN DISHES

Vegetable noodles with soya sauce and sweet chili 

Spiced Urid Stew 

Roasted Pumpkin, Caramelized Onion & Blue cheese 

Fried Tofu with broccoli and peanuts. 



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# FRIDAY BUFFET LUNCH WEEK 1

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## SOUPS

Cream of Pumpkin Soup 

## PASTA

Pasta with Chicken Strips, garlic, fresh chilies and parsley tomato Sauce

Pasta with cream cheese & mushrooms 

## MAINS

White fish and mussels stew with coconut curried sauce and coriander

Breaded Chicken with French mustard cream sauce

Pork Schnizel with Lemon Wedges & Mustard Sauce

Pilaf rice 

Stir fried vegetables with oyster and soya sauce 

Sauteed French green beans with garlic 

Roast potatoes with Garlic and Rosemary 

French fried potatoes

## VEGETARIAN AND VEGAN DISHES

Brie, apple and red onion tart 

Steamed Cauliflower with thyme Butter 

Italian Cannellini beans with cabbage and potatoes 

Vegetables curry with coconut milk and spices 



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# SATURDAY BUFFET LUNCH WEEK 1

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## SOUPS

Cream of Marrow & Cumin Soup



## PASTA

Pasta with Calamari, fresh tomatoes, garlic, mint and white wine

Pasta with Artichokes & Sundried Tomato Salsa Roza



## MAINS

Grilled Tuna served with Olive, Garlic & Aromatic Herb Oil

Grilled Turkey served with Cranberry Sauce

Chili Con Carne

Parsley Rice



Steamed French green beans, baby corn with garlic and parsley butter.



Roasted Aubergines with Feta Cheese Crumble



Buttered Broccoli



Sliced potatoes with onions and olives dust



## VEGETARIAN AND VEGAN DISHES

Asparagus, leeks and sundried tomato quiche



Roasted vegetables stew with olives and tomatoes



Ginger and vegetable vermicelli stir fried.



Vegetable Spring Rolls with Sweet Chili Sauce



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# MONDAY BUFFET LUNCH WEEK 2

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## SOUPS

Broccoli and gorgonzola cheese veloute'



## PASTA

Pasta with tomato sauce, fresh basil onion and olive oil  
Pasta with smoked ham and mushroom cream sauce.



## MAINS

Baked merluzz fillets with chive cream  
Veal involtini with parma ham and sage jus  
Seared turkey breast with capsicum and apple compote'  
Vegetable rice   
Steamed corn on the cob with garlic and parsley butter   
Buttered Brussel sprouts with onions and fresh herbs   
Baked potatoes with onions and fresh thyme   
French fried potatoes

## VEGETARIAN AND VEGAN DISHES

Urid lentil stew with mixed flavored spices.   
Vegetable Samosas served with mango chutney.   
Ginger. vegetables and Vermicelli stir fried with soya sauce.   
Mixed Vegetable Curry 



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# TUESDAY BUFFET LUNCH WEEK 2

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## SOUPS

Lightly spiced carrot and ginger soup 

## PASTA

Pasta with beef ragu'

Pasta with four cheese sauce 

## MAINS

Baked salmon with fresh mint, onions, garlic and white wine

Blanquette of lamb with root vegetables and fresh rosemary

Breaded chicken breast with sweet pepper and onion relish

Kashmiri rice 

Pan fried zucchini with roasted almonds and fresh coriander 

Sweet and sour carrots with toasted sesame seeds 

Steamed new potatoes with parsley butter and garlic. 

French fried potatoes

## VEGETARIAN AND VEGAN DISHES

Brie, apple and red onion tart 

Baked spinach and mushroom quesadillas 

Broccoli stir-fried with tofu and peanuts. 

Italian cannellini beans with cabbage and potatoes 



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# WEDNESDAY BUFFET LUNCH WEEK 2

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## SOUPS

Cream of local zucchini and leeks



## PASTA

Pasta with prawns, zucchini, and tomato sauce

Pasta with mushrooms, sweet corn, and spinach cream



## MAINS

Grilled bonito steaks with black olive tapenade and aromatic fresh herbs

Grill Chicken with mushrooms and spring onions

Slow Cooked Pork Stew with Root vegetables

Steamed fragrant rice



Peas a' la' francaise



Pan fried Mushroom and marrows.



Paprika roast potatoes



French fried potatoes

## VEGETARIAN AND VEGAN DISHES

Flat bread with roasted pumpkin, caramelised onions and blue cheese



Vegan Mushroom And Pea Baked Poltana



Roasted vegetables stew with olives and tomatos.



Spanish omelette (baked potato dish with eggs, tomatoes, peppers, and olives)



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# THURSDAY BUFFET LUNCH WEEK 2

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## SOUPS

Roasted tomato and fennel soup



## PASTA

Pasta with cured ham, zucchini, peppers, tomato salsa rosa

Pasta with Cherry tomatoes, globe artichokes, black olives and pesto cream



## MAINS

Fried white fish, white wine, red capsicum and fresh herb ragout

Braised beef meat balls with a creamy and rich mushroom and mustard gravy

Roasted chicken legs with leek and Dijon mustard gravy.

Steamed rice with garden peas and cumin seed

Cauliflower polonaise



Buttered sweetcorn and carrots



Roasted potatoes with garlic and fresh thyme



French fried potatoes

## VEGETARIAN AND VEGAN DISHES

Mix of vegetables flavored with spices, curry and coconut sauce.



Flat bread with hummus, roasted peppers and onions with vegan cheese



Egg noodles with stir-fried vegetables tossed with soya sauce



Mushroom Risotto



VEGAN



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# FRIDAY BUFFET LUNCH WEEK 2

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## SOUPS

Cream of potato and asparagus 

## PASTA

Pasta with Chicken strip, Sweet Peppers, Cream Sauce  
Pasta with roasted aubergines, zucchini, fresh rosemary, and tomato salsa 

## MAINS

Seared hake fillets, sweet capsicum and onion ragout  
Seared beef steaks with leek and mushroom cream sauce.  
Grilled chicken thighs with cured ham and asparagus cream  
Israeli couscous with dried fruits and nuts   
Stir fried French beans, onions and red peppers.   
Panache of steamed vegetables   
Baked potatoes with olive garlic and rosemary.   
French fried potatoes

## VEGETARIAN AND VEGAN DISHES

Sundried tomato, black olive, and mozzarella focaccia   
Vegan Shepherd's Pie   
Stuffed Peppers with couscous   
Roasted Vegetables and Chickpea flan 



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# SATURDAY BUFFET LUNCH WEEK 2

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## SOUPS

Cream of celeriac and green apple



## PASTA

Pasta with cheesy white sauce, bay shrimps, garlic, and parsley  
Pasta with cherry tomatoes, aubergines and mint with ricotta cheese



## MAINS

Breaded cod fillets with lemon wedges and tartar sauce

Classic beef Stew with bacon and mushrooms

Roasted Chicken Pieces Hunter style

Steamed rice with sweetcorn and fresh herbs



Braised red cabbage with honey and raisins



Steamed broccoli and sweet corn



Mush Potatoes



French fried potatoes

## VEGETARIAN AND VEGAN DISHES

Asparagus, leek and sundried tomato quiche



Vegan squash and cabbage sabzi



Potato and Cauliflower Curry



Barley Risotto with zucchini and mushroom



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