

Welcome to Archbishop Benson's winter menu for 2016/17. Our team in the kitchen - George, Korrine, Sally & Cheryl – hope you will enjoy eating with us as much as we enjoy preparing and serving your food.

All our produce comes from local suppliers and we take real pride in treating this wonderful food with the respect it deserves.

If you need to speak to us about any dietary requirements or have any questions about the menu please contact a member of staff so either George or Korrine can answer your query.

Our suppliers include: Matthew Stevens Fish (St Ives), Westcountry Fruit Sales (Falmouth), Roddas Creamery (Redruth) Brian Ethringtons Butchers (Redruth)

Week 2 12/9/16 3/10/16 31/10/16 21/11/16 12/12/16 16/1/17 6/2/17				
Monday	Tuesday	Wednesday	Thursday	Friday
Carrot & Coriander Soup (v)	Roast butternut Squash Soup (v)	Tomato & Basil Soup (v)	Cream of Vegetable Soup (v)	Chicken & Sweetcorn Soup
Ethringtons Hand Crimped Steak Pasty	Classic Beef Lasagne	Roast Turkey & Stuffing with Homemade Gravy	Crispy Baked Potato with a choice of fillings	Homemade Pizzas – Salami or Tomato & Mozzarella
Cheese & Onion Pasty	Winter Vegetable Lasagne	Vegetable Crumble	Sweet & Sour Chicken	
Homemade Chutney & Seasonal Veg	Mixed Leaf Salad	Roast Potatoes & Seasonal Vegetables	Stir Fried Vegetables & Rice	Chips & Beans
Superfruit Smoothie	Steamed Jam Sponge with Vanilla Bean Custard	Baked Toffee Apple with Live Organic Cornish Yogurt	Bread & Butter Pudding with Whipped Cornish Cream	Chocolate Brownie

WEEK 3 19/9/16 10/10/16 7/11/16 28/11/16 2/1/17 23/1/17				
Monday	Tuesday	Wednesday	Thursday	Friday
Thai Style Sweet Potato Soup (v)	Carrot & Ginger Soup (v)	Tomato & Roasted Red Pepper Soup (v)	Minestrone Soup(v)	Cream of Broccoli Soup (v)
Cornish Sausage & Mash with Gravy	Macaroni Cheese (v)	Slow roast Cornish beef Brisket	Crispy Baked Potato with a choice of fillings	Homemade Crispy Chicken Goujons
Homity Pie		Cheddar Quiche	Homemade Fish Pie	Cheese Ommelte
Seasonal Vegetables	Garlic Bread & Salad	Yorkshire Pudding, Roast Potatoes Seasonal Veg	Steamed Vegetables	Chips & Beans
Sticky Toffee Pudding with Custard	Millionaires Shortbread (Chocolate & Caramel)	Apple Tart with Vanilla Bean Custard	Poached Pears with Ice Cream	Blackberry Muffin Traybake
Available Daily: Soup of the Day Freshly baked bread Fresh Fruit Salad Trewithen Dairy Milk Fruit Juices				

WEEK 1 5/9/16 26/9/16 17/10/16 14/11/16 5/12/16 9/1/17 30/1/17				
Monday	Tuesday	Wednesday	Thursday	Friday
Thai Sweet Potato & Butternut Soup (v)	Cream of Mushroom Soup (v)	Smokey Tomato & Lentil Soup(v)	Leek & Potato Soup (v)	Pea & Ham Soup
Chicken & Bacon Pie	Spaghetti Bolognese	Honey Roast Ham	Crispy Baked Potatoes with a Choice of Fillings	Battered Cod
Creamy Autumn Vegetable Pie	Quorn Spaghetti Bolognese	Roast Vegetable Tart	Slow Cooked Cornish Beef Cobbler	Poached Free Range Egg
Seasonal Vegetables	Homemade Garlic Bread & Fresh Parmesan	Roast Potato & Seasonal Vegetables	Mashed Potato & Seasonal Vegetables	Chips & Beans
Organic Cornish Yogurt with Honey & Granola	Mandarin Cheesecake	Apple & Blackberry Crumble with Cinnamon Custard	Ice Cream with Homemade Fruit Sauce	Fruit & Oat Flapjack
Available Daily: Soup of the Day Freshly baked bread Fresh Fruit Salad Trewithen Dairy Milk Fruit Juices				

