

Conference Lunch Menu



ROBY
1844

HOLIDAY INN
MANCHESTER CITY CENTRE

SAMPLE MENU ONE

SALAD BAR

MIXED GREEN, ICEBERG, PAPRIKA CHICKPEAS, KIDNEY BEANS,
TOMATOS,CUCUMBER, BELL PEPPER, SHRDDDED CARROT, SWEETCORN,
ROASTEDONION, PICKLED BEET (SULPHITES), PEPPADEW PEPPERS,

SALAD DRESSING

FRENCH DRESSING (GLUTEN, MUSTARD)
CAESAR DRESSING (EGG, FISH, MILK, MUSTARD, SESAME SEED)

SOUP OF THE DAY

TOMATO SOUP (MC-CELERY)

BREAD STATION

BAGUETTE (GLUTEN, SOY)
BLOOMERS (GLUTEN, SOY, SESAME, MC-MILK, NUTS)

MAINS

PENNE WITH GREEN HERB PESTO & CHERRY TOMATO (SULPHITE, GLUTEN,MC-
CELERY)

CAJUN BEEF (MC- CELERY)

TERITAKI SALMON (FISH, GLUTEN, SOY, MC- PEANUT, NUTS)

SAUTE BROCCOLI (MC- CELERY)CREAMY

MASHED POTATO (MILK)

SOMTHING SWEET

SELECTION OF DESSERTS

(MILK, EGG, SOYA, PEANUT, NUTS, SESAME, GLUTEN, LUPIN, SULPHITE)

FRUIT PLATTER





SAMPLE MENU TWO

SALAD BAR

MIXED GREEN, ICEBERG, PAPRIKA CHICKPEAS, KIDNEY BEANS, TOMATOS, CUCUMBER, BELL PEPPER, SHRDDDED CARROT, SWEETCORN, ROASTED ONION, PICKLED BEET (SULPHITES), PEPPADEW PEPPERS.

SALAD DRESSING

FRENCH DRESSING (GLUTEN, MUSTARD)
CAESAR DRESSING (EGG, FISH, MILK, MUSTARD, SESAME SEED)

SOUP OF THE DAY

LENTIL SOUP (MC-GLUTEN, CELERY)

BREAD STATION

BAGUETTE (GLUTEN, SOY)
BLOOMERS (GLUTEN, SOY, SESAME, MC-MILK, NUTS)

MAINS

SINGAPORE VEGETABLE NOODLES (EGG, GLUTEN, SOY, SESAME SEED, MC-CELERY)
BUTTER CHICKEN (MILK, MC-GLUTEN, CELERY)

BASMATI RICE

SRI-LANKAN VEGETABLE COCONUT CURRY (GLUTEN, SOYA, MC TREE NUTS, PEANUTS)

BAKED HADDOCK, LEMON BUTTER SAUCE & GREEN BEANS (FISH, MILK, SULPHITE)

SOMTHING SWEET

SELECTION OF DESSERTS
(MILK, EGG, SOYA, PEANUT, NUTS, SESAME, GLUTEN, LUPIN, SULPHITE)
FRUIT PLATTER

SAMPLE MENU THREE

SALAD BAR

MIXED GREEN, ICEBERG, PAPRIKA CHICKPEAS, KIDNEY BEANS,
TOMATOS, CUCUMBER, BELL PEPPER, SHREDDED CARROT, SWEET CORN,
ROASTED ONION, PICKLED BEET (SULPHITES), PEPPADEW PEPPERS.

SALAD DRESSING

FRENCH DRESSING (GLUTEN, MUSTARD)
CAESAR DRESSING (EGG, FISH, MILK, MUSTARD, SESAME SEED)

SOUP OF THE DAY

LEEK & POTATO (MC-CELERY)

BREAD STATION

BAGUETTE (GLUTEN, SOY)
BLOOMERS (GLUTEN, SOY, SESAME, MC-MILK, NUTS)

MAINS

SPAGHETTI WITH CREAMY SPINACH SAUCE & SUNDRIED TOMATO (GLUTEN, MC-CELERY)

GREEK STYLE CHICKEN WITH GRILLED ZUCCHINI, ONION, PEPPER (MILK, SULPHITE, MC-CELERY)

OVEN-BAKED SALMON, LEMON, CHERRY TOMATO CONFIT (FISH, SULPHITE, CELERY)

POTATO WEDGES (MC-GLUTEN)
ROASTED CAULIFLOWER (MC-CELERY)

SOMETHING SWEET

SELECTION OF DESSERTS
(MILK, EGG, SOYA, PEANUT, NUTS, SESAME, GLUTEN, LUPIN, SULPHITE)
FRUIT PLATTER





SAMPLE MENU FOUR

SALAD BAR

MIXED GREEN, ICEBERG, PAPRIKA CHICKPEAS, KIDNEY BEANS, TOMATOS,CUCUMBER, BELL PEPPER, SHRDDDED CARROT, SWEETCORN, ROASTEDONION, PICKLED BEET (SULPHITES), PEPPADEW PEPPERS.

SALAD DRESSING

FRENCH DRESSING (GLUTEN, MUSTARD)
CAESAR DRESSING (EGG, FISH, MILK, MUSTARD, SESAME SEED)

SOUP OF THE DAY

LEEK & POTATO SOUP (MC CELERY)

BREAD STATION

BAGUETTE (GLUTEN, SOY)
BLOOMERS (GLUTEN, SOY, SESAME, MC-MILK, NUTS)

MAINS

GRILLED STEAK
BAKED SALMON FISH, WHITE WINE& CAPERS SAUCE(FISH, SULPHITE, GLUTEN, MILK, MC-CELERY)
PENNE ARRABIATTA (GLUTEN, MC-CELERY)
ROAST VEGETABLES (SULPHITE)
ROAST NEW POTATO (MILK, MC-CELERY)

SOMTHING SWEET

SELECTION OF DESSERTS
(MILK, EGG, SOYA, PEANUT, NUTS, SESAME, GLUTEN, LUPIN, SULPHITE)
FRUIT PLATTER

SAMPLE MENU FIVE

SALAD BAR

MIXED GREEN, ICEBERG, PAPRIKA CHICKPEAS, KIDNEY BEANS,
TOMATOS,CUCUMBER, BELL PEPPER, SHRDDDED CARROT, SWEETCORN,
ROASTEDONION, PICKLED BEET (SULPHITES), PEPPADEW PEPPERS.

SALAD DRESSING

FRENCH DRESSING (GLUTEN, MUSTARD)
CAESAR DRESSING (EGG, FISH, MILK, MUSTARD, SESAME SEED)

SOUP OF THE DAY

CREAM OF CARROT SOUP (MC-CELERY)

BREAD STATION

BAGUETTE (GLUTEN, SOY)
BLOOMERS (GLUTEN, SOY, SESAME, MC-MILK, NUTS)

MAINS

PAPRIKA CHICKEN, GRAVY (MC- CELERY)
POLLOCK WITH TOMATO AND CAPERS CONFIT (FISH. SULPHITE, MC CELERY)
ROAST VEGETABLE RATATOUILLE
PENNE, OLIVE OIL AND GARLIC (GLUTEN, MC CELERY)
PARSLEY NEW POTATO (MILK)
STEAMED, GREEN VEGETABLES

SOMTHING SWEET

SELECTION OF DESSERTS
(MILK, EGG, SOYA, PEANUT, NUTS, SESAME, GLUTEN, LUPIN, SULPHITE)
FRUIT PLATTER

