

# Sample 7 Day Menu

Lynley Wicks

I enjoy preparing food made with fresh local ingredients. The weekly menu will vary depending on clients' preferences, food availability and daily itinerary. I have experience cooking for vegetarians and children. I am very willing to try new recipes.

## Breakfast

Selection of Cereals

Fresh Fruit Platter or Fruit Salad

Selection of Breads, Pastries or Freshly baked muffins with spreads

Eggs to order, Pancakes or Vegetable Fritters

## Lunch

Selection of Salads and Breads plus one of:

- Twice Baked Cheese and Chive Soufflé
- Tagliatelle with Homemade Pesto and Ratatouille
- Sweet Potato Soup with Coconut and Ginger
- Spiced Thai Beef Salad with Grapes
- French Onion Tarte
- Grilled Goat's Cheese Warm Salad
- Homemade Sushi Selection

## Dinner

Day 1

Entree:	Carpaccio of Tuna with Seed Mustard
Main:	Sautéed Scallops with Cardamom, Lemon and Puy Lentil Sauce
Side:	Braised Fennel
Dessert:	Sparkling Fruit Jelly

Day 2

Entree:	Tian of Prawn, Avocado and Tomato
Main:	Herb Marinated Chicken Breasts with Couscous and Apricot Stuffing
Side:	Julienne of Vegetables
Dessert:	French Apple Tarte

### Day 3

Entree: Capri Salad  
Main: Steamed Snapper Parcels with Lemon and Basil on a bed of Seasoned Potatoes  
Side: Bok Choi with Ginger  
Dessert: Chocolate Fondant

### Day 4

Entree: Pears With Cheese And Orange Vinaigrette  
Main: Herb Crusted Lamb with Red Wine Sauce and Sweet Potato And Ginger Mash  
Side: Roasted Vegetable Stack  
Dessert: Mini Pavlova

### Day 5

Entree: Moules Marniere  
Main: Risotto with Gorgonzola and Walnuts  
Side: Green Salad  
Dessert: Crème Caramel

### Day 6

Entree: Gazpacho  
Main: Monkfish With Pancetta with Sauce Antiboise and Rice Timbales  
Side: Steamed Spinach with Nutmeg  
Dessert: Poached Pear in White Wine Sauce

### Day 7

Entree: Mushroom Gratinee  
Main: Fillet of Beef with Chocolate Sauce and Potatoes Rissolle  
Side: Cabbage Parcels  
Dessert: Tiramisu