

Sample Menu – Informal Suppers

served at a church Alpha course over 8 consecutive weeks

<i>Theme</i>	<i>Starter</i>	<i>Main Course</i>	<i>Dessert</i>
<i>North African</i>	<i>Toasted flatbreads with home made houmous</i>	<i>Chicken, apricot and lemon tagine with a red pepper and feta cous-cous salad</i>	<i>Mixed baklava and dried fruits</i>
<i>British</i>	<i>Home made scotch eggs and filo tartlets</i>	<i>Rich beef and red wine stew with suet dumplings, served with steamed green beans</i>	<i>Raspberry and white chocolate flapjack bites</i>
<i>French</i>	<i>Home made savoury cheese palmiers</i>	<i>Rustic Cassoulet served with crusty bread and a side salad garnish</i>	<i>Miniature chocolate choux buns filled with Chantilly cream</i>
<i>Italian</i>	<i>Bruschette with a variety of toppings</i>	<i>Stuffed chicken breast with parmentier potatoes and roasted vegetables</i>	<i>A selection of biscotti</i>
<i>British</i>	<i>Freshly baked cheese scones with butter</i>	<i>Slow-roast pork with apple sauce, roast potatoes and seasonal vegetables</i>	<i>Frosted carrot cake squares</i>
<i>Indian</i>	<i>Popadoms with pickles and dips</i>	<i>Chicken, lentil and spinach curry served with steamed rice</i>	<i>Fresh fruit platter</i>
<i>Italian</i>	<i>A selection of antipasti</i>	<i>Traditional beef lasagne served with a dressed green salad</i>	<i>Ratafia – light biscuits flavoured with almond</i>
<i>Spanish</i>	<i>A selection of tapas dishes</i>	<i>Chicken, chorizo and butter bean stew served with a green salad and crusty bread</i>	<i>Seville orange cake</i>