



# PARKLAND PLACE

NORTH WALES



# Your Dining Experience

# Food Philosophy



At Parkland Place our team of chefs have carefully devised a program of dishes to cater for you during your stay. The menus are designed to nurture your body and aid your healing process. Making time to eat a good balanced diet supplements the process of recovery. We believe it's not only good physically, but both mentally and spiritually. We can cater for most dietary requirements, allergies and intolerances, shortly after settling in we will speak to you about this. We run an open kitchen and if you need to speak to one of the team, we are always happy to help.

## Ingredients

In North Wales we are blessed with a bounty of high-quality ingredients, and we have carefully selected the best suppliers possible, to deliver them to you daily during your stay. We are very proud of the relationships we have built with them.

## Mealtimes

<b>Breakfast</b>	Monday to Friday 7.30am - 8.30am (cooked breakfast ordered the night before, served until 8.15am) Saturday & Sunday 8.30 am - 9.30am
<b>Lunch</b>	Monday to Friday 12.15pm Saturday at 12.30pm Sunday at 12.30pm
<b>Dinner</b>	Served each evening at 6.15pm

## Drinks facilities

The dining room is stocked with tea, coffee, hot chocolate, fruit teas and a filtered water machine for you to help yourself throughout the day. Low sugar squash is served with meals.

# Breakfast Menu

A breadbasket is in the dining room next to the toaster, please help yourself.  
Butter portions, jams, marmalades, nutella, peanut butter and marmite are also available.

Yoghurts and Cereals please help yourself

***Food to be ordered with the night staff each evening for the following day include:***

Fresh Fruit Salad

Avocado on Toast

Jumbo Oat Porridge

**\*Full Welsh Breakfast**

sausage (2) bacon rashers (2) hash brown,  
black pudding, fried mushrooms, baked beans, grilled tomato  
and a choice of eggs. (fried, scrambled or poached)

Omelettes

bacon / cheese / onion / chilli / vegetable

*\*If you require a cooked breakfast, you will need to be in the dining room by 8.15am  
to consider that sessions start at 8.30am.*

# Lunch Menu

## Monday

Week one: Roast Tomato Soup basil, pesto & ciabatta croutons with warm crusty rolls.

Week two: Minestrone Soup served with garlic bread.

## Tuesday

Week one: Field Mushroom Oven Baked Cheddar Cheese Rarebit served with sweet potato fries & garlic bread.

Week two: Falafel and Hummus Wrap with sweet potato wedges.

## Wednesday

Week one: Broccoli Soup with a blue cheese cream.

Week two: Spanish Jambalaya with char grilled chicken.

## Thursday

Week one: Baked Potato topped with smoky beans crème fraiche and side salad.

Week two: Avocado & Feta Salad with honey & mustard dressing.

## Friday

Week one: Sweet Chilli Haloumi Wraps and side salad.

Week two: Cream of Leek & Potato Soup with warm crusty rolls.

## Saturday

Week one: Smoked Chicken & Bacon Salad with honey mustard dressing.

Week two: Sweet Potato Chilli with basmati rice & garlic flatbread.

## Sunday

Week one: Rump of Welsh Lamb

Week two: Roast Loin of Pork

Served with cauliflower cheese, mashed carrots and swede, roast parsnips and crushed peas. roast potatoes, Yorkshire pudding and sage and onion stuffing.

*\*menu items are subject to change according to seasonality, guest numbers and dietary requirements.*

# Dinner Menu

## Monday

Week one: Welsh Lamb Kofte Kebab with homemade flat bread and mint yogurt dressing.  
Oven Baked Salmon with a parmesan crust, served with garlic & rosemary potatoes & tomato butter sauce.

Week two: Honey Glazed Pork Belly served with colcannon potatoes, tenderstem broccoli & 5 spice sauce.  
Grilled Fillet of Seabass with crushed new potatoes & lemon butter sauce.

## Tuesday

Week one: Welsh Braised Beef served with crushed new potatoes, glazed carrots & rosemary sauce.  
Deep Fried Haddock with chunky chips, mushy peas, lemon & tartare sauce.

Week two: Jamaican Jerk Chicken Curry served with rice and peas.  
King Prawn Thai Green Curry with baby sweetcorn, broccoli, pak choi & chilli flatbread

## Wednesday

Week one: Hunters Chicken with green salad, homemade coleslaw and corn on the cob.  
Tuna Conchiglioni Pasta Bake with plum tomatoes and mozzarella.

Week two: Rump Steak and Bacon Cheeseburger served in a toasted brioche bun with skinny chips & homemade coleslaw.  
Cod fishfinger Burger served in a toasted brioche bun, with skinny chips & tartare sauce.

## Thursday

Week one: Tandoori Spiced Chicken Skewers on a bed of coconut basmati rice & mint raita.  
Cajun Salmon on a bed of wholemeal pasta with garlic butter & red pepper sauce.

Week two: Braised Welsh Beef served with crusted new potatoes, honey roast carrots & rosemary sauce.  
Smoked Haddock & Chorizo Risotto with rocket leaves & shavings of parmesan.

## Friday

Week one: Beef Ragout & Linguine Pasta shavings of parmesan & garlic bread.  
Seafood Linguine (crab, seabass & prawns) with garlic, chilli flakes & rocket leaves.

Week two: Parkland Place Deep Fried Chicken served with skinny fries, corn on the cob & coleslaw.  
Vegetable Lasagne served with garlic bread.

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# Dinner Menu

## Saturday

Week one: Grilled Sirloin Steak with mushrooms, tomato, onion rings, fat chips & peppercorn sauce.  
Grilled Vegan Stack with mushrooms, tomato, onion rings, fat chips & peppercorn sauce.

Week two: Pizza Banquet served with French fries, salad & homemade coleslaw.

## Sunday

Week one: Caesar Salad smoked chicken, gem lettuce, ciabatta croutons, parmesan & caesar dressing.

Week two: Soup of the day

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# FOOD ALLERGIES And INTOLERANCES

If you have a food allergy or a special dietary requirement, please advise a member of staff.

Thank you