

S O U T H E N D Y M C A Y O U T H A W A R D S 2 0 1 8

- M E N U -

STARTERS

Homemade Vegetable Soup
or
Oak Smoked Scottish Salmon & King Prawn Salad.



MAIN COURSE

Sautéed Chicken Breast filled with Fresh Spinach,
Cream Cheese & Garlic – served with Sun Dried Tomato
& Basil Sauce.

or

Braised Shank of Lamb – served with a Mèlange of
Roasted Vegetables & Merlot Sauce.

or

Leaf Spinach and Mozzarella Parcel – Baked Puff
Pastry Parcel served with a Tomato & Basil Sauce.



DESSERT

Summer Eton Mess – A tall glass filled with layers of
Meringue, Rich Summer Fruits, Vanilla Ice Cream,
Vanilla Cream & Raspberry Coulis.

or

Warm Sticky Toffee Pudding served with a Salted
Caramel Ice Cream

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