

*Ross Castle*  
*Daily Menus*

Meals start with homemade soup of the day served with freshly baked bread.

**Day 1**

**Leg of Connemara Lamb served with fresh mint jelly**

Potatoes, parmesan spinach, carrots

Chocolate cake

Tea and Coffee

**Day 2**

**Breast of chicken in wine-cream sauce**

Rice, mushrooms, peas

Apple pie with homemade ice cream

Tea and Coffee

**Day 3**

**Broiled Salmon**

Pasta Alfredo, broccoli, pepper/tomatoes

Strawberry Pavlova

Tea and Coffee

**Day 4**

**Boeuf Bourguignon**

Mashed potatoes, carrots, French beans

Carrot cake

Tea and Coffee

**Day 5**

**Roast chicken with rosemary stuffing**

Candied sweet potatoes, creamed onions, peas,

Crème Caramel, chocolate chip cookies

Tea and Coffee

**Day 6**

**Fresh sole/plaice (subject to availability)**

Roast potatoes, parsnip/carrots, broccoli,

Strawberry sponge

Tea and Coffee

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Day 7

**Beef tenderloin**

Scalloped potatoes, French beans, peppers

Ice Cream with brownies

Tea and Coffee

Please note that this is a suggested menu for the week and items on the menu may be changed to suit our Guests.