

SHAFTESBURY AND GILLINGHAM U3A LUNCH
AT THE PLOUGH, MANSTON,
15TH SEPTEMBER 2011



*By all these lovely tokens
September days are here
With summers best of weather
And autumn's best of cheer.*

Helen Hunt Jackson, September, 1830-1885



Main Choices

1) The Plough Waldorf Salad

*With walnuts, celery, grapes, apple and lettuce served with a
freshly baked baguette*

£8.50

2) Spinach and Ricotta Cannelloni

*Pasta filled with fresh spinach and ricotta cheese on a bed of rich
tomato sauce, topped with a creamy béchamel sauce served with a
fresh crisp salad*

£8.95

3) Devilled Whitebait

In a light crispy coating with homemade tartar sauce

£8.50

4) Beer Battered Fish of the day

Served with chips, peas, leaf garnish and homemade tartar sauce

£9.95

5) Home cooked Ham

Served with a brace of hens eggs, chips and garden peas

£ 9.95

6) Curry of the day

*Medium curry served on a bed of Basmati rice with a poppadum
and mango chutney*

£9.25

7) Breast of Chicken

*On a bed of asparagus with a white wine and cream sauce served
with new potatoes and fresh seasonal vegetables*

£10.25

8) The Plough – Ploughman's

*Mature Cheddar, Dorset Blue Vinny and home cooked ham with celery, apple,
chutney, pickled onions and a freshly baked baguette*

£7.95

9) Beef Lasagne

*Traditional minced beef in pasta layers and rich tomato sauce
topped with a cheese sauce and served with chips and salad
garnish*

£9.75

An indulgence to follow

Choose from the board on the day

Coffee or Tea.



N.B. As we are now a large group to descend on any restaurant please be patient in waiting to be served.