



**MANCHESTER
2021**

Manchester 2021

Road to Tokyo Para Powerlifting World Cup

Menus

Radisson 

Monday 22nd March

Lunch:

Beef stroganoff with pasta.

Broccoli & Cheese pasta.

Salmon broccoli in tomato sauce.

Dinner:

Leek and Potato soup.

Pork steak roast sweet potato and chickpea curry.

Roast hake roast sweet potato and chickpea curry.

Spinach, sweet potato and chickpea curry.

Roast courgette and peppers.

Lemon and lime cheesecake.

Tuesday 23rd March

Lunch:

Caesar salad.

Chicken fried rice

Salmon fried rice.

Vegetable fried rice.

Whole fruit.

Dinner:

Tomato soup.

Cottage pie.

Mixed fish pie.

Mushroom, stroganoff and mash.

Broccoli and greens.

Bakewell tart.

Wednesday 24th March

Lunch:

Supersalad.

Turkey bolognaise penne pasta.

Roast cod tomato pasta.

Mediterranean tomato bake.

Whole fruit.

Thursday 25th March

Lunch:

Coleslaw.

Beef chilli steamed rice.

Mixed bean chilli steamed rice.

Cajun salmon steamed rice.

Whole fruit.

Dinner:

Mushroom and tarragon soup.

Lemon and herb roast chicken, ratatouille, diced sweet potato.

Roast red mullet, ratatouille, sweet potato.

Vegetable goats cheese tart.

Carrots and green beans.

Cheesecake.

Dinner:

Cauliflower soup.

Diced lamb hotpot.

Quorn mince hotpot?

Roast haddock, potato wedges steamed greens.

Steamed greens

Baileys cheesecake.

Friday 26th March

Lunch:

Tomato onion rocket salad.

Jerk chicken Cajun rice.

Seafood jambalaya.

Vegetable jambalaya.

Whole fruit.

Saturday 27th March

Lunch:

Watermelon feta and rocket salad.

Turkey escalope roast new peppers.

Roast hake roast new potatoes.

Mediterranean veg gnocchi.

Dinner:

Carrot and coriander soup.

Diced beef stew, mash potato.

Fish cakes, mash potato.

Mushroom ravioli, mushroom sauce.

Carrots and broccoli.

Chocolate delice.

Dinner:

Butternut squash soup.

Tandoori pork steak, cumin basmati rice.

Lentil Dahl cumin basmati rice.

Roast salmon cumin basmati rice.

Roast cauliflower.

Tiramisu.

Sunday 28th March

Lunch:

Pesto tomato and mozzarella salad.

Mediterranean meat balls, spaghetti.

Roast med veg, tomato ragu spaghetti.

Mixed fish crumble.

Dinner:

Broccoli soup.

Roast chicken breast, garlic roast potatoes.

Roast cod fillet, garlic roast potatoes.

Roast vegetable tart.

Roast carrots and parsnip.

Fudge cake.