

Loughton Masonic Catering Ltd

Contact Details: Phone 07508 753555 E-Mail lmc.catering@yahoo.com

Themed Menus

Caribbean Menu £31.00

Fried Plantains with Honey Salad

No Allergens

Jerk Chicken or Goat Curry with Rice & Peas and Wilted Greens

Contains Soya

Rum & Raisin Pudding with Cream

Contains Egg, Gluten & Lactose

Thai Menu £31.00

Thai Fishcakes and Warm Vegetable Salad

Contains Fish & Lactose

Red Thai Chicken Curry with Lemongrass Infused Rice

Contains crustaceans

Mango & Strawberry Flan

Contains Gluten & Lactose

Spanish Menu £32.50

Fried Calamari with Mixed Tomato Salad

Contains Fish

Seafood or Chicken Paella with Salad

Contains Fish, Crustaceans & Molluscs

Orange & Lemon Cheesecake

Contains Gluten & Lactose

Greek Menu £30.00

Greek Salad with Grilled Feta, Lemon Dressing & Flat Breads

Contains Lactose

Chicken Shish with Mint Yoghurt, Rice & Grilled Vegetables

Contains Lactose

Lemon Mousse with Pineapple & Mint Salsa

Contains Eggs & Lactose

Italian Menu £31.00

Mushroom Arancini's with Tomato & Basil Sauce & Side Salad

No Allergens

Chicken or Vegetable Risotto With Slow Roasted Vegetables

Contains Sulphides

Tiramisu with Cream

Contains Eggs, Gluten & Lactose

French Menu £33.00

French Onion Soup

Contains Sulphides

Beef Bourguignonne with Mash & Baby Carrots

Contains Celery, Lactose & Sulphides

Apple Tart Tatin with Cream

Contains Gluten & Lactose

Oriental Menu £31.00

Sweet & Sour Crispy Beef with Noodle Salad

Contains Egg & Gluten

Sweet Soya and Ponzu Infused Chicken, Stir Fried Vegetables & Rice

Contains Soya

Key Lime Pie

Contains Gluten & Lactose

Indian Menu £30.00 (£4.00 supplement for Lamb Curry)

Vegetable Samosas, Poppadums' with Pickles & Salad, Mint Raita

Contains Gluten & Lactose

Chicken, Lamb or Vegetable Curry with Rice & Naan Bread

Contains Gluten & Lactose

Spiced Yoghurt with Almonds

Contains Lactose & Nuts

Cockney Menu £30.00

Mixed Seafood Platter (Cockles, Mussels, Prawns) or Jellied Eels

Contains Fish & Crustaceans

Pie, Mash & Liquor

Contains Gluten & Lactose

Trifle

Contains Gluten & Lactose