

NHS Retirement Fellowship Conference & AGM 2023

Making your retirement work for you.

ARRIVAL DAY MENU

Enjoy your first night at Conference with a waiter served meal, followed by coffee and entertainment on Friday 24th November (arrival day) to make the opening of your Conference Weekend run smoothly.

This needs pre-ordering at Point of Booking by putting the corresponding number of your choice on the booking form. There are gluten free, vegan and diabetic options available, please indicate this in the notes section. Any queries, please contact the Team at IOW Tours – **01983 405116**. **www.iowtours.com**

Starters

- 1. Pea & Bean Soup, Fresh Baked Bread (V,Ve,GF,DF)
- 2. Ham Hock Terrine, Piccalilli & Sour Dough (GFA, DFA)
- 3. Smoked Haddock & Spring Onion Tart, Red Pesto Dressing

Main Courses

- 1. Chargrilled Chicken Breast, Creamy Lincolnshire Leek Sauce (GFA)
 - 2. Fillet of Trout, Lemon & Caper Sauce (GFA,DFA)
 - 3. Butternut Squash & Emmental Roulade, Cheese Sauce (V,GFA)
 - All Served Mash & Potato Rosti, Roasted Autumn Root Vegetables

Puddings

- 1. Mixed Berry Pavlova (V,GF)
- 2. Lemon & Lime Tart (V,GFA)
- **3.** Chocolate Fudge Cake (V,VeA,GFA)
- 4. Tropical Fruit Salad, Fruit Sorbet (on request for dietary requirements) V,VE,GF,DB

Please indicate any dietary requirements on your booking form.
GF – Gluten Free

GFA – Gluten Free Option Available if advised at booking
DF – Dairy Free
DFA – Dairy Free Option Available if advised at booking
V – Vegetarian
VE – Vegan
VeA – Vegan Option Available if advised at booking
DB – Pudding Suitable for Diabetics