

RGS-IBG Monday evening suppers sample menus

- There is a set menu every week
- Previous examples are listed below

- Both meat/fish and vegetarian option are always available
- Dietary requirements can be catered for on request
- Fruit salad can be ordered as an alternative to pudding, this must be stated when booking
- Suppers cost £25 a head and include two course (main course and pudding), 2 glasses of wine and coffee
- Bookings must be made by noon on the preceding Friday, and cancellations can be made until this time. A full charge will be made for cancellations on the day of the supper. Bookings cannot be taken on the day or evening of the supper.
- For bookings contact the events office with your name, membership number and credit card details: **T + 44 (0) 20 7591 3100 E events@rgs.org**

The following suppers are an example of recent menus available after a Monday evening lecture:

Menu 1

Confit of duck with sweet potato mash, mange tout, sugar snap and green beans

Lemon tart with crème fraîche and berry coulis

Menu 2

Fillet of sea bass with lemon risotto and mixed vegetables

Individual meringues with apple compote

Menu 3

Green thai chicken curry with thai basil served with steamed white rice

Apple crème brûlée

Menu 4

Lamb shank with garlic mash and roasted

Mediterranean vegetables

Crème brûlée with mixed berries

Menu 5

Grilled pork chop with roasted potatoes and caramelised

apple sauce

Rich belgian chocolate tart with double cream and berry

coulis

Menu 6

Beef roulade with braised red cabbage and rice

Chocolate pecan pie with vanilla ice cream

Menu 7

Salmon and cod pie with a herbed crust topping

Chocolate and raspberry mousse cake

Menu 8

Chicken breast stuffed with olives, feta, sun blushed tomato and boulangere potatoes

Chocolate mud cake with fresh cream and chocolate Sauce

Menu 9

Spiced duck breast with creamy and roasted carrots

Vanilla cheesecake and orange compote

Menu 10

Classic beef casserole with creamy portobello mushrooms, potato gnocchi and crushed peas and parsley

Pear and stem ginger pudding with butterscotch sauce