



The Menu

Breakfast

Delicious energy filled porridge with honey, cinnamon, seeds and raisins

Tea and fresh Coffee

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Lunch

Wraps, cold meats, tasty local cheeses, salad, and a selection of sugary snacks

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Night One Dinner

Tomato Salad
Fresh Creamy Pasta
Cake and Custard

Night Two Dinner

Pate and Oatcakes
Veggie Chili
Fresh Fruit Salad

Night Three Dinner

A Selection of Soups
Veggie Curry (unless we can source some fish/meat)
Cake and Custard

Night Four Dinner

Cheese and Biscuits
Tomato and Basil Pasta
(this ones top secret)

Night Five Dinner

A selection of Soups
Moroccan Style Cous Cous
Cake and Custard