

SAMPLE MENU

Breakfast

Cooked Breakfast
Selection of cereals and porridge
Toast and preserves
Yoghurts and fresh fruit
Tea, coffee and fruit juices

Lunch

Roast lamb with mint sauce and
roasted vegetables
Chickpea curry served with rice and seasonal
vegetables
Lemon sponge cake served with custard or Jelly
trifle

Evening meal

Homemade Lentil Soup
Selection of fresh sandwiches
Plant based board sharer, chicken nuggets, fish
fingers or BBQ chicken wings with chips and salad

An alternative menu is also on offer for lighter
meals All dietary requirements are catered for
This sample menu is representative of a
typical day