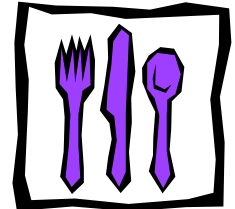


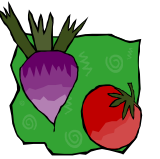




Menu



This is an example menu for a three-day residential course.

 Monday	Lunch	Sandwiches: tuna, egg, cheese Carrot sticks Home made cake Fresh fruit Cold drink
	Tea	Fruit juice Bolognaise with pasta and vegetables Fruit crumble and custard Cold drink
	Supper	Home made flapjack and hot chocolate drink
 Tuesday	Breakfast	Fruit juice Cereals with milk Sausage and spaghetti Toast and jam Hot or cold drink
	Lunch	Home made pizza Ham sandwiches Cucumber sticks Home made biscuit Fresh fruit Yogurt/ Cold drink
	Tea	Fruit juice Roast Chicken, roast potatoes and vegetables Fresh fruit pots and ice cream Cold drink
Supper	Home made biscuit and hot chocolate drink	
 Weds	Breakfast	Fruit juice Cereals with milk Bacon and beans Toast and jam Hot or cold drink
	Lunch	Sandwiches: cheese, turkey, tuna Sausage roll Tomato segments Home made cake Fresh fruit Cold drink