

# **Sample Menus**

## **Continental Buffet Style Breakfast**

Croissants, Pain Au Chocolat, selection of sliced meats and cheeses, selection of fresh fruit and yoghurts, breads and spreads, cereals, fruit juices and fairtrade tea and coffee

## **Packed Lunches**

White or wholemeal sandwiches with a selection of fillings  
(eg. Ham salad, cheese & pickle, egg mayonnaise, tuna mayonnaise)  
Piece of fruit, cereal bar, packet of crisps, carton of fruit juice.

## **Evening Meal**

Bangers & Mash  
Traditional Fish & Chips  
Homemade Vegetable Lasagne  
Filled Jacket Potatoes

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Apple Crumble & Custard  
Fresh Fruit & Yoghurts

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All served with vegetables & salad  
And includes cordials & fairtrade tea and coffee