

## SAMPLE MENU FOR L&E

	Breakfast	Lunch	Supper
Arrival Day	-	-	<ul style="list-style-type: none"> <li>Lasagne or veggie lasagne with mixed salad &amp; fresh bread</li> <li>Apple crumble with cream</li> </ul>
Day 1	<ul style="list-style-type: none"> <li>Bacon, hash browns &amp; baked beans</li> </ul>	<ul style="list-style-type: none"> <li>Steak &amp; mushroom pie or vegetable pie with chips &amp; marrowfat peas</li> <li>Chocolate fudge cake</li> </ul>	<ul style="list-style-type: none"> <li>Pork sausages or Quorn sausages with mashed potato &amp; baked beans</li> <li>Fruit jellies</li> </ul>
Day 2	<ul style="list-style-type: none"> <li>Sausages, potato waffles &amp; spaghetti hoops</li> </ul>	<ul style="list-style-type: none"> <li>Battered cod or vegetable burger with chips &amp; garden peas</li> <li>Lemon &amp; raspberry drizzle cake</li> </ul>	<ul style="list-style-type: none"> <li>Ham &amp; mushroom pasta bake or broccoli &amp; mushroom pasta bake with mixed salad &amp; garlic bread</li> <li>Chocolate mousse</li> </ul>
Day 3	<ul style="list-style-type: none"> <li>Pain au chocolate</li> </ul>	<ul style="list-style-type: none"> <li>Meatballs or roasted veg in tomato sauce with penne pasta with salad, fresh bread &amp; grated cheese</li> <li>Red cherry pie with ice cream</li> </ul>	<ul style="list-style-type: none"> <li>Chicken &amp; ham pie or mushroom &amp; pepper pie with new potatoes &amp; baton carrots</li> <li>Syrup sponge with custard</li> </ul>
Day 4	<ul style="list-style-type: none"> <li>Bacon, hash browns &amp; baked beans</li> </ul>	<ul style="list-style-type: none"> <li>Swiss cottage pie or vegetable cottage pie with steamed cabbage</li> <li>Pear crumble with cream</li> </ul>	<ul style="list-style-type: none"> <li>Chicken &amp; chorizo pasta bake or roasted veg in a tomato sauce with salad &amp; bread</li> <li>Chocolate sponge with chocolate sauce</li> </ul>
Day 5	<ul style="list-style-type: none"> <li>Sausages, potato waffles, spaghetti hoops</li> </ul>	<ul style="list-style-type: none"> <li>Cowboy casserole or spicy bean casserole with jacket potatoes, coleslaw &amp; cheese</li> <li>Chocolate brownies with chocolate sauce</li> </ul>	<ul style="list-style-type: none"> <li>Mild chicken curry or vegetable curry with rice &amp; Naan bread</li> <li>Eton mess</li> </ul>
Day 6	<ul style="list-style-type: none"> <li>Belgium waffles with warm syrup</li> </ul>	<ul style="list-style-type: none"> <li>Packed Lunch</li> </ul>	<ul style="list-style-type: none"> <li>Mexican chicken wraps or veggie wraps with spicy jacket wedges &amp; mixed salad</li> <li>Fruit salad &amp; cream</li> </ul>
Day 7	<ul style="list-style-type: none"> <li>American pancakes with warm syrup</li> </ul>	<ul style="list-style-type: none"> <li>Roast chicken or stuffed peppers with roast potatoes, carrots &amp; peas</li> <li>Apple &amp; cinnamon pie with custard</li> </ul>	<ul style="list-style-type: none"> <li>BBQ</li> <li>Ice cream factory</li> </ul>