

## Sample Menu

### Breakfast

Hot breakfast: grilled bacon & scrambled eggs

Continental: cold meats, cheeses, yoghurt and pastries, bagels

Fresh fruit platter

Selection of cereals – Corn Flakes, Bran Flakes, Rice Krispies, Weetabix, Fruit & Fibre, Frosties

White & wholemeal toast, jams & spreads, butter

A daily selection of fresh fruit smoothies

Juice bar

### Breaktime

A selection of cakes, cookies or biscuits

Fresh fruit

Fruit juices

### Lunch

Main course: Moroccan lamb tagine served with flat breads

Vegetarian: Roasted butternut risotto

Sides: fresh broccoli; spiced vegetables; minted new potatoes; herby couscous; rice

Salad bar: a daily selection of freshly prepared salads, freshly baked bread, dips and dressings

Dessert: fresh fruit, yoghurt

### Dinner

Main course: steak burger with Monterey Jack cheese; Cajun chicken breast burger

Vegetarian: grilled brie and roasted vegetable burger

Sides: skin-on potato wedges; garlic bread; rice; pickles

Salad bar: a daily selection of freshly prepared salads, freshly baked bread, dips and dressings

Dessert: warm chocolate fudge cake and cream; selection of yoghurts

### Chocolate time

Hot chocolate and biscuits

Birthday cake