

# EXAMPLE MENU

All our food is locally produced and homemade so please note that this menu is a guide and that it is subject to change. Eating new foods is part of the residential experience and we encourage everyone to try new foods wherever possible.

Squash and water are available at all meals. Tea and coffee making facilities available for students and staff.

All dietary requirements and allergies can be catered for. Please inform us whether your child has any dietary requirements, allergies or are vegetarians upon signing up to the trip.

## Breakfast

Your school will choose continental breakfast or continental and cooked breakfast in advance.

Continental: Cereals, toast & jams, croissants or brioche, yoghurt, fruit and fruit juice.  
Cooked: bacon, sausage, fried egg, hash browns and beans.

## Lunch

Filled Roll, crisps, flapjack, biscuits and fruit.

## Example Evening Meal

Tomato pasta bake, toppings and sweetcorn.

Chicken fajitas, wraps, rice and peas.

Beef Lasagna, wedges and broccoli.

Sausages, cheesy mashed potato and beans.

Jacket potato and toppings will be available at every meal as an alternative.

## Example Puddings

Cupcakes, traybakes, ice cream, ice lollies, sugar doughnut.

### Carb Counting

The following is provided as a guide. If your child needs to carb count, please inform us when you sign up to the trip and scales will be provided at every meal.

- **Breakfast.** Pre-portioned cereal: Rice Krispies 19g, Coco pops and crunchy nut 29g, cornflakes 20g, original k 24g. Bacon - 0.2 per 100g, sausage - 6.75g per sausage, fried egg - 0g, hash browns - 11g each, heinz beans - 22g per 100g.
- **Lunch.** Roll - 43.2g, clover spread - 1g per 100g, ham - 0.28g per 100g or cheese - 2.5g per 100g, crisps – walkers ready salted – 17g, flapjack – plain oat – 53.3g, biscuits – bourbons – 26.4g. Fruit - apple 14g per 100g or banana 23g per 100g.
- **Dinner.**
- Pasta 73.6g per 100g, sweetcorn 12g per 100g.
- Chicken 0g, tortilla wrap 34g per wrap, fajita seasoning 24g for 100g, rice 78.90g per 100g, peas 8.8g per 100g.
- Wedges 30g per 100g, broccoli 2g per 100g.
- Sausages 6.75g per sausage, mash potato 20g per 140g, grated cheese 2.5g per 100g, beans 22g per 100g.
- **Pudding.** Sugar doughnut 23.6g, ice lolly 12.8g