

# Outdoor Education Centre Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast		Bacon Sandwich Vegetarian option available upon request	Scrambled Egg on Toast	Staffordshire Sausage Sandwich Vegetarian option available upon request	Baked Beans on Toast
<i>Also available: Cereals (Rice Crispies or Cornflakes) Porridge, Toast and Crumpets with Jam. Milk, Fresh Fruit Cups and Yoghurt, Tea or Fruit Juice (Orange or Apple)</i>					
Lunch	Beef Burger or Quorn Hot Dog served with Spicy Jacket Wedges & Mixed Salad  Seasonal Fruit Cups	Packed Lunch (to eat in) Homemade Soup of the day (Tomato & Basil, Leek & Potato, Carrot & Coriander, Winter Vegetable). Assorted Sandwiches.  Homemade Tray Bake (Flapjack, Chocolate Orange Crispy Bar, Shortbread Fingers) Fresh Fruit (Banana, Apple, Satsuma), Water.			Crispy Battered Fillet of Fish Chunky Chips & Peas or Mushy Peas
		Picnic Box Assorted Sandwiches, Piece of Fruit, Homemade Tray Bake and Water			Pinwheel Twists with Chunky Chips & Peas, Beans and House Slaw
					Peach Melba Slice or Fresh Fruit and Yoghurt
Dinner	Savoury Chicken Pie with Mashed Potato or Penne Pasta Vegetable Bake (v) or Assorted Jacket Potatoes	Traditional Beef Lasagne with a Garlic & Herb Wedge or Macaroni Cheese (v) or Assorted Jacket Potatoes	Chicken Korma with Naan Bread and Wholegrain Rice or Authentic Italian Stone Baked Pizza (v) with Jacket Wedges or Assorted Jacket Potatoes	Roast Turkey, Roast Potatoes and Gravy Cheese and Leek Layer Pie (v) or Assorted Jacket Potatoes	
Vegetable	Broccoli, Carrots Mixed Salad	Cauliflower, Peas Mixed Salad	Cabbage, Sweetcorn Mixed Salad	Roast & Creamed Potatoes Carrots & Swede	
Hot Dessert	Chocolate Sponge & Custard	Marble Cake & Custard	Ginger Cake & Custard	Toffee Apple Twice Baked Crumble & Custard	
Cold Dessert	<i>Available daily a changing selection of, Strawberry Mousse, Fruit Jelly &amp; Yoghurt and a Selection of Fresh Fruit.</i>				
Supper	<i>Hot Chocolate and Biscuits</i>				