

SAMPLE WEEKLY MENU

	Dinner Starter	Vegetarian Starter	Main Dish	Vegetarian Option	Starch	Vegetables	Dessert
Monday / Friday	Garlic Bread	Garlic Bread	Spaghetti Bolognese	Spaghetti with Tomato Sauce		Salad or Peas	Chocolate Éclair
Tuesday / Sunday	Pâté on Toast with Cornichons	Bruschetta	Cordon Bleu & Roast Chicken	Stuffed Pepper	Potato Wedges	Salad or Sweetcorn & Carrots	Crème Caramel
Wednesday / Saturday	Frogs' Legs & Snails	Garlic Mushrooms	Beef Bourguignon	Ratatouille	Rice	Salad or Green Beans	Chocolate Crêpes
Thursday	Homemade Pizza	Homemade Pizza	Pasta Carbonara	Vegetarian Pasta in a Cream Sauce		Salad or Broccoli	Apple Strudel

Breakfast:

Orange Juice
 Selection of Cereals with low-fat milk
 Pain au Chocolat
 Croissant
 Baguette
 Butter and Jam
 Yoghurts

Packed Lunch for Excursions:

Baguettes with a selection of fillings including:
 - Ham
 - Cheese (Emmental, Edam & Brie)
 - Garlic Sausage
 - Pâté
 - Tuna
 - Egg Mayonnaise
 - Chicken
 Crisps, biscuits, fresh fruit and bottled water

On Site Lunch:

Buffet lunch including:
 - Baguettes with the above fillings
 - Green Salad with Tomato and Cucumber
 - Coleslaw
 - Tabouleh
 - Pasta Salad
 - Rice Salad
 - Jacket Potatoes with Beans & Cheese
 - Quiche
 - Salad Niçoise