



## Sample Menu Marchants Hill Adventure Camp

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast						
Choice of 3 Cereals with Semi-Skimmed Milk Assorted Yoghurts White & Brown Toast with Preserves Porridge						
Sausages (V) Quorn Sausages Scrambled Eggs Baked Beans	Bacon (V) Vegetable Sausages Hash Browns Plum Tomato	Sausages (V) Quorn Sausages Baked Beans Mushrooms	Bacon (V) Vegetable Sausages Scrambled Eggs Grilled Tomato	Sausages (V) Quorn Sausages Hash Browns Baked Beans	Sausages (V) Quorn Sausages Scrambled Eggs Mushrooms	Bacon (V) Quorn Sausages Hash Browns Spaghetti in Tomato Sauce
Seasonal Fresh Fruit Hot & Cold Drinks						
Lunch						
Homemade Soup of the Day Choice of Breads						
Pizza Meat or Vegetarian Potato Wedges	Homemade Pie or Pasties Choice of Meat or Vegetarian Gravy Mashed Potato	Hot or Cold Baguette Choice of Meat or Vegetarian Fillings Tortilla Chips	Pasta Bar Choice of Meat or Vegetarian Garlic Bread	Burger Choice of Meat or Vegetarian Fries Relishes	Jacket Potatoes or Rice Choice of Meat or Vegetarian Filling Homemade Bread	Fajitas Choice of Meat or Vegetarian Fillings Red Cabbage Slaw Tortilla Chips
Seasonal Fresh Fruit & Salad Bar Hot & Cold Drinks						
Dinner						
Homemade Soup of the Day						
Beef Lasagne Cumberland Sausages (V) Beetroot & Red Onion Tart New Potatoes Peas & Carrots Onion Gravy  Chocolate Crispy Cake	Gammon Chicken Goujons (V) Four Cheese Ravioli Potato Wedges Green Beans & Sweetcorn  Toffee Apple Crumble & Custard	Mexican Beef Chilli Fish Fingers (V) Sticky Hoisin Noodles Rice or Chips Mixed Vegetables Baked Beans  Lemon Drizzle Cake	Chicken Chunks with Sweet & Sour Sauce Chilli con Carne (V) Vegetable Korma Root Vegetable Bake Rice Broccoli  Rice Pudding & Jam	Meatballs in Tomato Sauce Chicken & Leek Pie (V) Cheese Ravioli & Potato Plait Pasta or Potatoes Green Beans & Carrots  Doughnut	Chicken Nuggets Fish in Tomato & Mascarpone Sauce (V) Vegetable Pilaf Chips Mixed Vegetables  Chocolate Chip Sponge & Chocolate Custard	Roast Dinner Yorkshire Pudding (V) Macaroni Cheese Roast Potatoes Seasonal Vegetables Gravy  Belgian Waffles with Topping
Seasonal Fresh Fruit & Salad Bar Hot & Cold Drinks						