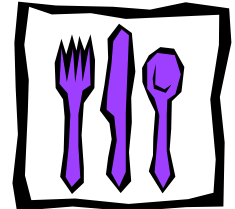


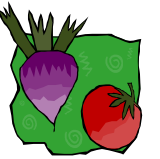




# Menu



This is an example menu for a three-day residential course.

 <b>Monday</b>	<b>Lunch</b>	Sandwiches: tuna, egg, cheese Carrot sticks Home made cake Fresh fruit Cold drink
	<b>Tea</b>	Fruit juice Bolognaise with pasta and vegetables Fruit crumble and custard Cold drink
	<b>Supper</b>	Home made flapjack and hot chocolate drink
 <b>Tuesday</b>	<b>Breakfast</b>	Fruit juice Cereals with milk Sausage and spaghetti Toast and jam Hot or cold drink
	<b>Lunch</b>	Home made pizza Ham sandwiches Cucumber sticks Home made biscuit Fresh fruit Yogurt/ Cold drink
	<b>Tea</b>	Fruit juice Roast Chicken, roast potatoes and vegetables Fresh fruit pots and ice cream Cold drink
<b>Supper</b>	Home made biscuit and hot chocolate drink	
 <b>Weds</b>	<b>Breakfast</b>	Fruit juice Cereals with milk Bacon and beans Toast and jam Hot or cold drink
	<b>Lunch</b>	Sandwiches: cheese, turkey, tuna Sausage roll Tomato segments Home made cake Fresh fruit Cold drink