



# Refuel with our delicious Menu

BREAKFAST

LUNCH

DINNER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Selection of yoghurts, fresh fruit, cereals & cheeses.  
Croissants or pain au chocolate freshly baked on site. Fresh bread, jam and honey.  
(Allergen Change) (Allergen Change)

### Prepare your own packed lunch.

Make a sandwich or salad box from a selection of meat, cheeses, salad items.  
Accompanied with crisps, biscuits and fruit.

<b>Breaded Turkey Fillet</b>	<b>Pork Sausage</b>	<b>BBQ Breaded Chicken</b>	<b>Chicken Breast in a Tomato Sauce</b>	<b>MSC Battered Fish</b>	<b>Homemade Beef Bolognese Sauce</b>	<b>Roast Chicken in a Creamy Black Pepper Sauce</b>
<b>Vegetarian Schnitzel (v)</b>	<b>Vegetable Sausage (ve)</b>	<b>Homemade Beef Lasagne</b>	<b>Homemade Cheesy Pasta Bake (v)</b>	<b>Homemade Vegetarian Lasagne (v)</b>	<b>Cordon Bleu Breaded Turkey filled with Ham and Cheese</b>	<b>MSC Alaskan Hake Fillet Nuggets</b>
<b>Homemade Tomato &amp; Vegetable Pasta Bake (ve)</b>	<b>Plant Based Meatballs in Tomato Sauce (ve)</b>	<b>Homemade Chilli non Carne (ve)</b>	<b>Spicy Thai Breaded Wheat Balls (ve)</b>	<b>Chickpea and Vegetable Ragout with Spinach (ve)</b>	<b>Homemade Vegetarian Bolognese (ve)</b>	<b>Vegetable Ratatouille (ve)</b>
<small>Sides: Potato Wedges (ve) Peas (ve) Baby Carrots (ve)</small>	<small>Sides: Mashed Potato (v) Green Beans (ve) Broccoli (ve)</small>	<small>Sides: Potato Cubes (ve) Rice (ve) Mixed Green Vegetables (ve) Sweetcorn (ve)</small>	<small>Sides: Noisette Potatoes (ve) Baby Carrots (ve) Green Beans (ve)</small>	<small>Sides: Fries (ve) Peas (ve) Sweetcorn (ve)</small>	<small>Sides: Penne Pasta (ve) Potato Wedges (ve) Baby Carrots (ve) Green Beans (ve)</small>	<small>Sides: Garlic Roast Potatoes (ve) Mixed Green Vegetables (ve) Sweetcorn (ve)</small>
<b>Lemon Drizzle Cake (v)</b>	<b>Chocolate Mousse</b>	<b>Belgium Waffle with red fruit topping (v)</b>	<b>Creme Caramel (v)</b>	<b>Chocolate Chip Muffin (v)</b>	<b>Fruit Salad (ve)</b>	<b>Double Chocolate Cookie (v)</b>

## Available Daily

### Unlimited salad bar:

A combination of Fresh salad items, meats and cheeses are available at dinner

### Fresh fruit:

A variety of fresh fruit is available at all meals.

**ASK ABOUT ALLERGENS**  
WE ARE HAPPY TO HELP

### Allergy information

If you or a member of your group has a food allergy, please let us know pre-arrival.

Please speak to the Catering Management Team on Centre, where more information is needed prior to choosing your meal.

Not all ingredients are included in the menu descriptions, please ask. Ingredients can occasionally be substituted or changed at short notice – always review the allergy information available from the Catering Management Team each service, where detailed information on the fourteen legal allergens is available on the allergen matrix, and in part, the allergen board.

We use a wide range of ingredients within the dishes we prepare and as such, we cannot guarantee the total absence of allergens.

Where known in advance, we can prepare a plated meal, taking all reasonable steps to reduce the likelihood of cross contact.

### About our food

All our products are free from Genetically Modified ingredients.

All our products do not list tree nuts or peanuts as intentional ingredients.

Although every care has been taken; some small bones may remain in our fish, turkey and chicken dishes and some olive stones

**Snail tasting available on departure day.**