

Outdoor Education Centre Menu 2019 (Breakfast & Lunch)

Egg-free

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Hash Browns 36143 Baked Beans (No Scrambled Egg)	Bacon Potato Waffles 101617 (No Scrambled Egg)	Pork Sausage (8s) Spaghetti Hoops 7005 (No Mini Omelette)	Hash Browns 36143 Bacon Plum Tomatoes	Pork Sausage (8s) Baked Beans (No Scrambled Egg)
Lunch	Bloomer Sandwich No Egg or Egg based filling e.g. Mayonnaise Crisps (check packet) Fresh Fruit* Traybake	Bloomer Sandwich No Egg or Egg based filling e.g. Mayonnaise Crisps (check packet) Fresh Fruit* Traybake	Bloomer Sandwich No Egg or Egg based filling e.g. Mayonnaise Crisps (check packet) Fresh Fruit* Traybake	Filled Bagel (check Adelie Spec) No Egg or Egg based filling e.g. Mayonnaise Crisps (check packet) Fresh Fruit* Traybake	Bloomer Sandwich No Egg or Egg based filling e.g. Mayonnaise Crisps (check packet) Fresh Fruit* Traybake

Cool Water, Fruit Juice, Fresh Fruit and Yoghurt served daily

*Fruit Based **Wholegrain (v) Vegetarian

No Egg or Egg-based products e.g. Mayonnaise

Traybakes Suitable – Berry Flapjack, Lemon Shortbread, Shortbread, Chocolate Shortbread, Flapjack, Oat Cookies



Outdoor Education Centre Menu 2019 (Dinner)

Egg-free

	Monday	Tuesday	Wednesday	Thursday
Hot Main Dish	Pork Sausage (8s) With Creamed Potatoes & Gravy (Use Gravy 125165)	Jacket Potato with Baked Beans/Tuna (No Quorn Mince/Veg Bolognaise) (No Mayonnaise)	Chicken & Sweetcorn Pie (FFL) With Roast Potatoes & Gravy (Use Gravy 125165)	Cod Fish Fingers MSc with Cajun Jacket Wedges
Todays Fresh Vegetables	Carrots Peas	Peas Sweetcorn	Carrots Broccoli	Raw House Slaw (No Mayonnaise) Sweetcorn
Desserts	Fruit in Jelly (No Chocolate Crunch)	Fresh Fruit*	Apple & Berry Crumble* With Custard	Banana* & Custard (No Jam Sponge)

Cool Water, Fruit Juice, Fresh Fruit and Yoghurt served daily

*Fruit Based **Wholegrain (v) Vegetarian

No Egg or Egg-based products e.g. Mayonnaise

Traybakes Suitable – Berry Flapjack, Lemon Shortbread, Shortbread, Chocolate Shortbread, Flapjack, Oat Cookies

No Sponge or Chocolate Crunch

*Check Pasta King Specifications upon delivery to ensure no products served that contain Egg

