

SAMPLE MENU

FRIDAY:

Arrivals	Snacks available
Dinner	Mexican spiced bean chilli & baked potato Sides: salad, guacamole & sour cream dips Chocolate orange brownie

SATURDAY:

Breakfast	Scrambled eggs on toast Granola & yoghurt
Lunch	Caribbean spiced butternut squash & coconut soup Sourdough rolls
Dinner	Indian spiced dahl & rice Curried cabbage & naan Cherry & almond cake

SUNDAY:

Breakfast	Freshly baked pastries Smashed avocado on crispbread
Lunch	Moroccan spiced tabouleh Hummus & pitta bread
Dinner	Vegetarian/vegan Cornish pasty Sweet potato fries & coleslaw Cornish fudge & sea salt chocolate

MONDAY:

Breakfast	Winter spiced carrot cake porridge Fresh fruit salad & yoghurt
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Coffee, tea & fruit are available throughout the day – help yourself!