## Mount Cook

adventure centre

For dietary requirements or more information please get in touch with your trip coordinator

## Monday

Own packed lunch

## Chicken with Italian tomato sauce

Vegetarian lasagne served with chips, peas \& sweetcorn
Apple crumble with custard or yogurt \& fresh fruit

## Tuesday

Bacon, hash browns, eggs and baked beans \&
Croissants, fresh fruit, cereal, yogurts, toast with jam, butter \& honey

## Jacket potato

Choose your own filling: cheese, beans, tuna mayo

Choice of salad bar
Fresh fruit \& homemade flapjack

## Cumberland sausages

 orVegetarian sausages served with mash potato, vegetables \& gravy

Ice cream \& fruits of the forest or yogurt \& fresh fruit

## Wednesday

Sausages, hash browns, eggs and baked beans \&
Croissants, fresh fruit, cereal, yogurts, toast with jam, butter \& honey

## Floured bap

Choose your own filling: Ham, chicken, cheese, tuna mayo, beef or chickpea pesto spread.

Crisps, fresh fruit, \& homemade choco krispy

## Margherita pizza

 or
## Battered coo

served with chips \& mushy
peas

Sticky toffee pudding \& custard or yogurt \& fresh fruit

## Thursday

Bacon, hash browns, eggs and baked beans \&
Croissants, fresh fruit cereal, yogurts, toast with jam, butter \& honey

## Jacket potato

Choose your own filling: cheese, beans, tuna mayo

> Choice of salad bar

Fresh fruit \& homemade flapjack

## Beef bolognaise

or
Vegetarian bolognaise served with garlic bread

Chocolate fudge cake or yogurt \& fresh fruit

## Friday

Sausages, hash browns, eggs and baked beans \&
Croissants, fresh fruit, cereal, yogurts, toast with jam, butter \& honey

## Floured bap

Choose your own filling: Ham, chicken, cheese, tuna mayo, beef or chickpea pesto spread.

Crisps, fresh fruit, \& double chocolate muffin

