

FSC Sample Menu Adult Spring/Summer

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Hash Browns Bacon Egg of the Day Vegetarian Sausage Selection of Cereals Toast Preserves	Baked Beans Sausage Egg of the Day Vegetarian Sausage Selection of Cereals Toast Preserves	Croissants, pain au chocolate Fruit compote and yogurt Selection of Cereals Toast Preserves	Baked Beans Sausage Egg of the Day Vegetarian Sausage Selection of Cereals Toast Preserves	Hash Browns Bacon Egg of the Day Vegetarian Sausage Selection of Cereals Toast Preserves	Baked Beans Sausage Egg of the Day Vegetarian Sausage Selection of Cereals Toast Preserves	Croissants, pain au chocolate Fruit compote and yogurt Selection of Cereals Toast Preserves
Packed Lunch	Packed Lunch	Packed Lunch	Packed Lunch	Packed Lunch	Packed Lunch	Packed Lunch
Selection of sandwiches Fresh fruit Apple and cinnamon cookie	Selection of sandwiches Fresh fruit Fruity flapjack	Selection of sandwiches Fresh fruit Homemade shortbread	Selection of sandwiches Fresh fruit Honey and oat flapjack	Selection of sandwiches Fresh fruit Choc chip cookie	Selection of sandwiches Fresh fruit Fruity flapjack	Selection of sandwiches Fresh fruit Gingerbread spiced cookie
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Spinach and ricotta lasagne Lentil pasta with gremolata crust Garlic bread Mixed leaf Salad Chocolate brownie Cream	Refried bean and vegetable enchilada Jambalaya (G) VG V Mixed leaf Salad Banoffee Pie	Puy lentil Pie Chicken Pie Saute potatoes Seasonal Vegetables Apple flapjack crumble custard	Katsu tofu cauliflower Katsu chicken Soy and ginger noodles Sticky toffee pudding cream	Battered haloumi And chips Beer battered fish And chips Cheesecake	Thai green vegetable curry Vegetable stir fry Basmati Rice, Seasonal fruit Eton mess	Roast turkey Mediterranean veg tart Roasted Potatoes & Seasonal Vegetables fruit tart

Please note this menu is subject to product availability and may change.
We can cater for most religious and dietary requirements.
If you have concerns about allergens, please contact the centre directly.

FSC Values: delivering first hand experiences, providing opportunities for everyone, sustainability for the future, a caring attitude

www.field-studies-council.org