# FIRTMT <br> Ôxenwood Outdoor Education Centre 

## Evening Meal

## All meals are examples and availability is subject to stock

## Main Meal:

Cumberland sausage - mash, peas and gravy (beans optional)
Battered cod fish fingers - chips, salad and peas (beans optional) - Adult: Cod fillet
Chicken fillet - roast potatoes, mixed vegetables and gravy - Adult: Chicken Breast
Chicken korma - rice and garlic bread - Adult: Mango chutney and poppadoms
Beef or vegetable lasagne - mixed salad and chips
Pasta bolognese - garlic bread (salad optional)
Homemade pizza margherita - salad and chips (beans optional) - Adult: Mixed pizza
Savory mince - rice or pasta and garlic bread

## Desserts:

Sticky toffee pudding - custard or ice cream.
Apple crumble - custard or ice cream
Toffee crème cheesecake
Homemade trifle
Super mousse - fresh raspberries or strawberries
Mixed ice cream sundae (no nuts)

## Adult Desserts:

Lemon meringue
Key lime pie
Chocolate cheesecake
Black forest cheesecake
Chocolate raspberry torte

These are available in addition to the desserts listed on the left of this page.

# FIIRSTM <br> Ơxenwood <br> Outdoor Education Centre 

## Lunch

## All meals are examples and availability is subject to stock

## Mixed Sandwiches:

White or brown bread - gluten free/vegan bread available
Ham
Chicken
Tuna and mayonnaise
Cheese (vegan/vegetarian available)

## Fresh Fruit:

Apples
Easy peelers
Seedless grapes

## Crisps:

Walkers crisps
Pom-Bears
Mini cheddars

Bananas
Pears

## Drinks:

## Blackcurrant squash - no added sugar

Orange squash - no added sugar
Water

All dietary requirements will be catered, with advance notice.

# FIRTM <br> Ouxenwood <br> Outdoor Education Centre 

## Breakfast

## All meals are examples and availability is subject to stock

## Toast

White or brown bread
Gluten free/vegan bread available
Mixed jams
Marmalade
Marmite
Honey

## Cooked Breakfast:

Cumberland sausage
Bacon
Eggs
Hash browns
Grilled tomatoes
Baked beans

## Cereal

Cornflakes

Rice Krispies
Weetabix
Coco Pops

All dietary requirements will be catered, with advance notice.

