

# WEEKLY MEAL PLAN

Spending fun-packed days in the outdoors usually means that happy children are hungry children!

So we make sure we provide tasty, nutritious meals that keep children feeling well-fed and energised. All meals are freshly prepared on site and include a balance of meat, vegetables, fruit and carbohydrates.



## MONDAY

### Beef Bowl

Beef or Bean chilli\* with rice, tortilla chips, salad bar, and marble cake with ice cream!



## TUESDAY

### Chicken Pasta

Succulent chicken or cannellini beans in a tomato sauce with pasta, garlic bread, salad bar, and jam roly poly cake!



## WEDNESDAY

### Flavor Feast

Chicken or chickpeas with a choice of aromatic sauce\*, rice, naan bread, salad bar, and a chocolate brownie with ice cream!



## THURSDAY

### Pasta Bar

A choice of bolognese or tomato sauce, garlic bread, salad bar, and marble cake with ice cream!

\*All our meals are made with children in mind. Our sauces are mild, containing no chilli.

## Special Dietary Needs

Our kitchen caters for all dietary needs, including allergy-friendly diets, vegetarian, vegan, gluten-free and halal. We are provided with your group's requirements in advance, so we can ensure every meal is suitable and safe. Please ensure that you provide us with any dietary requirements when requested.

## Fussy Eaters?

We often find that children are much more open to trying new foods when they're away from home. We'll always make sure they have enough to eat, and no child will ever go hungry.

