

## SUGGESTED LACTOSE INTOLERANT MEAL OPTIONS FOR A TYPICAL 5 NIGHT STAY



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Monday	Tuesday	Wednesday	Thursday	Friday
Goodfellows Vegan stonebaked pizza + spicy potato wedges - tesco salad - alpro salad dressings	Spaghetti Bolognese - using Pasta that doesn't contain Milk, and Garlic Bread	Sainsburys deliciously free from Sausages (Frozen) mash - use Lactose free milk and spread Heinz baked beans	Sainsbury deliciously free from cod fish fingers McCain home chips peas and salad	Old el paso smoky BBQ fajitas Sainsburys wraps - be good to yourself wedges & salad
Tesco free from chocolate sponge with Swedish glace non dairy frozen vanilla dessert	Fresh fruit salad and Swedish glace non dairy frozen vanilla dessert	Sainsburys deliciously free from vanilla cheesecake	Alpro dessert dark chocolate	Jelly and Swedish glace non dairy frozen dessert smooth vanilla

■ For day of arrival

The first day is the perfect time to communicate with your students and ask about food preferences.

■ For day of departure

If you have an early departure time for the students, it is advisable for you to give a 'breakfast to go' option For students that prefer a lighter/healthier option you could provide a yogurt with cereal pot or a croissant/Brioche with spread or cheese. Just add a carton of juice or water to wash it all down with.

■ Helpful Tips:- All major supermarkets offer a good range of Gluten Free bread and pasta. Also look in the freezer section for breaded fish & chicken and pizza's. Also try frozen desserts for ease. Betty Crocker and Mr Kipling offer cakes and mixes. JUST REMEMBER TO CHECK THE INGREDIENTS ON THE LABEL

Happy Hosting