

SUGGESTED MEAL OPTIONS FOR A TYPICAL 5 NIGHT STAY

English Language Homestays,
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Tel: +44 1273 462 772



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--------------------------|--------------------------------------|-------------------------------------|
| Any pizza + Salad +Wedges | Spaghetti Bolognaise + Garlic Bread | Sausage, Mash + Beans | Breaded Fish+Chips+Beans/ Peas | Chicken Fajitas+Wedges +salad |
| Chocolate fudge cake/brownie + ice cream | Fresh Fruit salad + ice cream | Cheesecake | Chocolate Mousse | Jelly + Ice Cream |

■ 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:- Use the Good Food Recipe website for ideas.

Happy Hosting

PACKED LUNCH REQUIREMENTS

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Students have a long and sometimes very demanding day whilst here in the UK studying English. European students are used to eating a hot meal at lunch time so we have to make sure they are receiving an adequate meal. In order to meet their daily basic lunch requirements we have provided the following list of items which should be included every day:-

2 rounds of suitably filled sandwiches or rolls (Chicken Salad or Ham and Cheese are popular but please do not give any Marmite, Jam or Sandwich spreads as these are not as suitable. Alternatively you can provide just 1 sandwich and add a sausage roll or Oat Bar instead.

1 pack of crisps (preferably plain)

1 chocolate bar or cake

1 piece of fruit

1 yoghurt pot or tube

1 Bottle of water (minimum of 500 ml)

Please can you make sure that you check each students likes/dislikes on their first day of arrival and change your food choices to suit your students individual needs.

If you have any further suggestions, please feel free to mention them to us.

Many thanks

Happy Hosting