

SUGGESTED VEGAN MEAL OPTIONS FOR A TYPICAL 5 NIGHT STAY

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Monday	Tuesday	Wednesday	Thursday	Friday
Goodfella's vegan stonebaked pizza with potato wedges and salad	Pasta with a Homemade Tomato and Basil sauce sprinkled with Vegan cheese.	Quorn Vegan Cumberland sausages, Mashed potato and vegetables	Quorn Vegan breaded fillets, chips and Peas/salad	Fajitas made with Quorn Vegan pieces, Schwartz Gluten Free Fajitas Recipe Mix with Corn Tortillas
Swedish glace vanilla frozen dessert with fresh fruit	Strawberries and Swedish glace vanilla frozen dessert	Wicked Kitchen Pineapple Dream Cake	Pulsin Salted Caramel Brownie with Swedish Glace Vanilla Frozen Dessert	Magnum Vegan Classic Ice Cream Bar

■ 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