

SUGGESTED VEGETARIAN MEAL OPTIONS FOR A TYPICAL 5 NIGHT STAY

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Monday	Tuesday	Wednesday	Thursday	Friday
Cheese and Tomato pizza, Wedges + salad	Macaroni Cheese, Salad + garlic bread	Vegetarian Casserole, Mash + Broccoli	Breaded Fish + Chips, Beans/Peas/salad	Vegetable Lasagne, salad + bread
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