

## History and Outdoor Learning Residential visits

### **Week 1: w/c 8th January, 5th February, 4th March 2024.**

<b>Day 1</b>	<b>Morning snack</b>	Fruit on arrival (apples, pears, oranges & bananas).
	<b>Lunch</b>	Chicken Fajita /vegan chicken pieces (V, Ve) in pitta bread & salad. Yoghurts. (GF, V, Ve).
	<b>Afternoon Snack</b>	Rice Cakes (GF, V, Ve).
	<b>Dinner</b>	Sausages/Veggie Sausages (GF, V, Ve), mashed potatoes (GF, V, Ve) and vegetables.
	<b>Pudding</b>	Apple crumble & custard (GF,,V, Ve).
<b>Day 2</b>	<b>Breakfast</b>	Self-service with a choice of cereals (Multigrain Hoops (V, Ve), Weetabix (V, Ve) or corn flakes (GF, V, Ve)) Toast (GF) with butter (GF, V) and/or jam (GF, V, Ve). Fresh fruit.
	<b>Morning snack</b>	Carrot & cucumber sticks.
	<b>Lunch</b>	Jacket potato, beans, cheese and salad. Jelly. (GF, V, Ve).
	<b>Afternoon Snack</b>	Flapjack. (GF, V, VG).
	<b>Dinner</b>	<u>History:</u> Banquet roast chicken (GF)/Cheese and Broccoli Quon(V), Roast potatoes (GF, V, Ve), Corn on the cob and Bread rolls (V, Ve). <u>Outdoor Learning:</u> Fiesta night! Chicken Fajitas (GF, V), buffet style, with Potato wedges (GF, V, Ve).
	<b>Pudding</b>	Banquet cake (GF, V), with fresh fruit.
<b>Day 3</b>	<b>Breakfast</b>	Self-service with a choice of cereals (Multigrain Hoops (V, VG), Weetabix (V, Ve) or corn flakes (GF, V, Ve)) Toast (GF) with butter (GF, V) and/or jam (GF, V, Ve). Fresh fruit.
	<b>Morning snack</b>	Fresh fruit (apples, pears, oranges & bananas).
	<b>Lunch</b>	Sausage rolls (GF, V, Ve), crisps (GF, V, Ve) & biscuits (V).

**Please be aware that we reserve the right to change the menu with short notice as we rely on deliveries and food that is available to us. We will do our best to inform you of any changes as soon as possible.**

**We must be made aware of any diagnosed food allergies, intolerances, or requirements in advance, so we are able to cater for them accordingly. Options are available if not already stated. We kindly ask for at least 1 weeks' notice of requirements.**

*Reference: V = made with vegetarian ingredients Ve = made with vegan ingredients GF = gluten free.*

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### **Week 2: w/c 15th January, 12th February, 11<sup>th</sup> March 2024.**

<b>Day 1</b>	<b>Morning snack</b>	Fruit on arrival (apples, pears, oranges & bananas).
	<b>Lunch</b>	Turkey Burger (GF)/Veggie Burger (V, Ve) and Salad. Yoghurts (GF, V, Ve).
	<b>Afternoon Snack</b>	Rice Cakes (GF, V, Ve).
	<b>Dinner</b>	Chicken Curry, rice and naan bread (GF, V, Ve).
	<b>Pudding</b>	Chocolate Brownie and cream. (GF, V, Ve).
<b>Day 2</b>	<b>Breakfast</b>	Self-service with a choice of cereals (Multigrain Hoops (V, VG), Weetabix (V, Vw) or corn flakes (GF, V, Ve)) Toast (GF) with butter (GF, V) and/or jam (GF, V, Ve). Fresh fruit.
	<b>Morning snack</b>	Carrot & cucumber sticks.
	<b>Lunch</b>	Jacket potato, beans, cheese and salad. Jelly. (GF, V, Ve).
	<b>Afternoon Snack</b>	Flapjack. (GF, V, Ve).
	<b>Dinner</b>	<u>History</u> : Banquet roast chicken (GF)/Cheese and Broccoli Quon(V), Roast potatoes (GF, V, Ve), Corn on the cob and Bread rolls (V, Ve). <u>Outdoor Learning</u> : Fiesta night! Chicken Fajitas (GF, V), buffet style, with Potato wedges (GF, V, Ve).
<b>Day 3</b>	<b>Pudding</b>	Banquet cake (GF, V), with fresh fruit.
	<b>Breakfast</b>	Self-service with a choice of cereals (Multigrain Hoops (V, VG), Weetabix (V, VG) or corn flakes (GF, V, Ve)) Toast (GF) with butter (GF, V) and/or jam (GF, V, Ve). Fresh fruit.
	<b>Morning snack</b>	Fresh fruit (apples, pears, oranges & bananas).
	<b>Lunch</b>	Sausage rolls (GF, V, Ve), crisps (GF, V, Ve) & biscuits (V).

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**Week 3: w/c 22<sup>nd</sup> January, 19<sup>th</sup> February, 18<sup>th</sup> March 2024.**

<b>Day 1</b>	<b>Morning snack</b>	Fruit on arrival (apples, pears, oranges & bananas).
	<b>Lunch</b>	Hot dog/Veggie Hot Dog (GF, V, Ve) and salad. Yoghurts. (GF, V, Ve).
	<b>Afternoon Snack</b>	Rice Cakes (GF, V, Ve).
	<b>Dinner</b>	Hunters Chicken (GF, V, Ve), potato wedges and peas (GF, V, Ve).
	<b>Pudding</b>	Sticky Toffee Pudding and cream. (GF, V, Ve).
<b>Day 2</b>	<b>Breakfast</b>	Self-service with a choice of cereals (Multigrain Hoops (V, Ve), Weetabix (V, Ve) or corn flakes (GF, V, Ve)) Toast (GF) with butter (GF, V) and/or jam (GF, V, Ve). Fresh fruit.
	<b>Morning snack</b>	Carrot & cucumber sticks.
	<b>Lunch</b>	Jacket potato, beans, cheese and salad. Jelly. (GF, V, Ve).
	<b>Afternoon Snack</b>	Flapjack. (GF, V, VG).
	<b>Dinner</b>	<u>History:</u> Banquet roast chicken (GF)/Cheese and Broccoli Quon(V), Roast potatoes (GF, V, Ve), Corn on the cob and Bread rolls (V, Ve). <u>Outdoor Learning:</u> Fiesta night! Chicken Fajitas (GF, V), buffet style, with Potato wedges (GF, V, Ve).
	<b>Pudding</b>	Banquet cake (GF, V), with fresh fruit.
<b>Day 3</b>	<b>Breakfast</b>	Self-service with a choice of cereals (Multigrain Hoops (V, Ve), Weetabix (V, Ve) or corn flakes (GF, V, Ve)) Toast (GF) with butter (GF, V) and/or jam (GF, V, Ve). Fresh fruit.
	<b>Morning snack</b>	Fresh fruit (apples, pears, oranges & bananas).
	<b>Lunch</b>	Sausage rolls (GF, V, Ve), crisps (GF, V, Ve) & biscuits (V).

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### **Week 4: w/c 29<sup>th</sup> January, 26<sup>th</sup> February, 25<sup>th</sup> March 2024.**

<b>Day 1</b>	<b>Morning snack</b>	Fruit on arrival (apples, pears, oranges & bananas).
	<b>Lunch</b>	Fish cake (V) and salad. Yoghurts. (GF, V, Ve).
	<b>Afternoon Snack</b>	Rice Cakes (GF, V, Ve).
	<b>Dinner</b>	Oriental Chicken (V, Ve), rice and spring rolls.
	<b>Pudding</b>	Sponge and custard (GF, V).
<b>Day 2</b>	<b>Breakfast</b>	Self-service with a choice of cereals (Multigrain Hoops (V, Ve), Weetabix (V, Ve) or corn flakes (GF, V, Ve)). Toast (GF) with butter (GF, V) and/or jam (GF, V, Ve). Fresh fruit.
	<b>Morning snack</b>	Carrot & cucumber sticks.
	<b>Lunch</b>	BBQ meatball sub and salad (GF, V, Ve), Jelly (GF, V, Ve).
	<b>Afternoon Snack</b>	Flapjack (GF, V, VG).
	<b>Dinner</b>	<u>History</u> : Banquet roast chicken (GF)/Cheese and Broccoli Quon(V), Roast potatoes (GF, V, Ve), Corn on the cob and Bread rolls (V, Ve). <u>Outdoor Learning</u> : Fiesta night! Chicken Fajitas (GF, V), buffet style, with Potato wedges (GF, V, Ve).
	<b>Pudding</b>	Banquet cake (GF, V), with fresh fruit.
<b>Day 3</b>	<b>Breakfast</b>	Self-service with a choice of cereals (Multigrain Hoops (V, Ve), Weetabix (V, Ve) or corn flakes (GF, V, Ve)). Toast (GF) with butter (GF, V) and/or jam (GF, V, Ve). Fresh fruit.
	<b>Morning snack</b>	Fresh fruit (apples, pears, oranges & bananas).
	<b>Lunch</b>	Sausage rolls (GF, V, Ve), crisps (GF, V, Ve) & biscuits (V).

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