

## History and Outdoor Learning Residential visits

### Week 1: W/C 9<sup>th</sup> Sept, 7<sup>th</sup> Oct, 4<sup>th</sup> Nov, 2<sup>nd</sup> Dec

<b>Day 1</b>	<b>Morning snack</b>	Fruit on arrival ( <i>apples, pears, oranges &amp; bananas</i> ).
	<b>Lunch</b>	Jacket Potato, Beans, Cheese, Tuna & Mayonnaise, Salad. Yoghurts. ( <i>GF, V, Ve</i> ).
	<b>Afternoon Snack</b>	Biscuits ( <i>GF, V, Ve</i> ).
	<b>Dinner</b>	Tomato & Basil pasta bake with garlic bread and roasted vegetables ( <i>GF, V, Ve</i> ).
	<b>Pudding</b>	Apple crumble & custard ( <i>GF,V, Ve</i> ).
<b>Day 2</b>	<b>Breakfast</b>	Self-service with a choice of cereals (Multigrain Hoops ( <i>V, Ve</i> ), Weetabix ( <i>V, Ve</i> ) or corn flakes ( <i>GF, V, Ve</i> )) Toast ( <i>GF</i> ) with butter ( <i>GF, V</i> ) and/or jam ( <i>GF, V, Ve</i> ). Fresh fruit.
	<b>Morning snack</b>	Carrot & cucumber sticks.
	<b>Lunch</b>	Hot dog/Veggie Hot Dog ( <i>GF, V, Ve</i> ) and salad. Jelly. ( <i>GF, V, Ve</i> ).
	<b>Afternoon Snack</b>	Flapjack. ( <i>GF, V, VG</i> ).
	<b>Dinner</b>	<u>History</u> : Banquet roast chicken ( <i>GF</i> )/Cheese and Broccoli Quon( <i>V</i> ), Roast potatoes ( <i>GF, V, Ve</i> ), Corn on the cob and Bread rolls ( <i>V, Ve</i> ). <u>Outdoor Learning</u> : Fiesta night! Katsu Chicken Curry ( <i>GF, V</i> ), buffet style, with rice ( <i>GF, V, Ve</i> ).
<b>Pudding</b>	Banquet cake ( <i>GF, V</i> ), with fresh fruit.	
<b>Day 3</b>	<b>Breakfast</b>	Self-service with a choice of cereals (Multigrain Hoops ( <i>V, VG</i> ), Weetabix ( <i>V, Ve</i> ) or corn flakes ( <i>GF, V, Ve</i> )) Toast ( <i>GF</i> ) with butter ( <i>GF, V</i> ) and/or jam ( <i>GF, V, Ve</i> ). Fresh fruit.
	<b>Morning snack</b>	Fresh fruit (apples, pears, oranges & bananas). ( <i>GF, V, Ve</i> ).
	<b>Lunch</b>	Sausage Rolls ( <i>GF, V, Ve</i> ), crisps ( <i>GF, V, Ve</i> ) Cookies ( <i>V</i> ) & <i>fresh fruit</i> (apples, pears, oranges & bananas).

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.

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### Week 2: 16<sup>th</sup> Sept, 14<sup>th</sup> Oct, 11<sup>th</sup> Nov, 9<sup>th</sup> Dec

<b>Day 1</b>	<b>Morning snack</b>	Fruit on arrival (apples, pears, oranges & bananas).
	<b>Lunch</b>	Jacket Potato, Beans, Cheese, Coleslaw, Salad. Yoghurts. (GF, V, Ve).
	<b>Afternoon Snack</b>	Biscuits (GF, V, Ve).
	<b>Dinner</b>	Chicken Curry (GF, V, Ve). Rice (GF, V, Ve). 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>	Chicken Burger (GF)/Veggie Burger (V, Ve) 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 Fajita & wraps (GF, V), Salad & potato wedges (GF, V, Ve). Buffet style
	<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, 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). (GF, V, Ve).
	<b>Lunch</b>	Sausage Rolls (GF, V, Ve), crisps (GF, V, Ve) cookies (V) & Frube yoghurt.

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### Week 3: W/C 23<sup>rd</sup> Sept, 21<sup>st</sup> Oct, 18<sup>th</sup> Nov, 16<sup>th</sup> Dec

<b>Day 1</b>	<b>Morning snack</b>	Fruit on arrival (apples, pears, oranges & bananas).
	<b>Lunch</b>	Jacket Potato, Beans, Cheese, Tuna & Mayonnaise, Salad. Yoghurts. (GF, V, Ve).
	<b>Afternoon Snack</b>	Biscuits (GF, V, Ve).
	<b>Dinner</b>	Sausages/ veggie sausages (GF, V, Ve). Potato Gratin (GF, V,). and seasonal vegetables (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>	Chicken Fajita & wraps (GF, V, VG) salad bar (GF, V, Ve) and 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! Katsu Chicken Curry (GF, V), buffet style, with rice (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). (GF, V, Ve).
	<b>Lunch</b>	Sausage Rolls (GF, V, Ve), crisps (GF, V, Ve) cookies (V) & Frube yoghurt.

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### Week 4: W/C 30<sup>th</sup> Sept, 28<sup>th</sup> Oct, 25<sup>th</sup> Nov, 23<sup>rd</sup> Dec

<b>Day 1</b>	<b>Morning snack</b>	Fruit on arrival (apples, pears, oranges & bananas).
	<b>Lunch</b>	Jacket Potato, Beans, Cheese, Coleslaw, Salad. Yoghurts. (GF, V, Ve).
	<b>Afternoon Snack</b>	Biscuits (GF, V, Ve).
	<b>Dinner</b>	Tomato and basil meatballs (GF, V, Ve). Spaghetti (GF, V, Ve). Garlic bread (GF, V, Ve).
	<b>Pudding</b>	School Cake (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>	Fishfinger baps (GF, V, Ve), salad bar (GF, V, Ve) and 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 Fajita & wraps (GF, V), Salad & potato wedges (GF, V, Ve). Buffet style
	<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).. (GF, V, Ve).
	<b>Lunch</b>	Sausage Roll (GF, V, Ve), crisps (GF, V, Ve) cookies (V) & Frube yoghurt.

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

## History and Outdoor Learning Residential visits

### WWII Menu

<b>Day 1</b>	<b>Morning snack</b>	Fruit on arrival (apples, pears, oranges & bananas).
	<b>Lunch</b>	Jacket Potato, Beans, Cheese, Coleslaw, Salad. Yoghurts. (GF, V, Ve).
	<b>Afternoon Snack</b>	Biscuits (GF, V, Ve).
	<b>Dinner</b>	Sausages/ veggie sausages (GF, V, Ve). Potato Gratin (GF, V, ). and seasonal vegetables (GF, V, Ve).
	<b>Pudding</b>	Jam & Coconut 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>	Chicken Burger (GF, V, Ve), salad bar (GF, V, Ve) and Jelly (GF, V, Ve).
	<b>Afternoon Snack</b>	Flapjack (GF, V, VG).
	<b>Dinner</b>	<u>History</u> : WWII Tea Party – Sandwiches, Cheese and Pineapple sticks, Cocktail Sausages, Quiche, Pork Pies, Chicken Goujons, Carrot & Cucumber Sticks.
	<b>Pudding</b>	Cupcakes (GF, V)
<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) & frubes

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