

# SAMPLE MENU

All meals provided from a self-service buffet on site.  
Water, tea & coffee available during all meal times.

## BREAKFAST

- **Eggs** (Scrambled or Fried)
- **Sausages**
- **Bacon**
- **Hashbrowns**
- **Beans with tomato sauce**
- **Toasts** (with butter or jam)
- **Pastries**
- **Fruit**
- **Yogurt**
- **Cereal**

## LUNCH

**Piri Piri Chicken**  
with Chips or Garden Peas

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**Pasta with Meatballs**

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**Sweet Potato Gumbo**

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**Selection of Salads**  
(Green / Potato / Tomato / Pasta)

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**Brownie with vanilla ice-cream / Fruit**

## DINNER

**Fried Battered Cod**  
with Chips or Garden Peas & Tartan Sauce

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**Mushroom Soup**

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**Vegan Lasagne**

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**Selection of salads**  
(Green / Potato / Tomato / Pasta)

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**Carrot Cake / Fruit**

*Pilgrims*

Please note this is a sample menu; the selection of food provided varies daily throughout the duration of a Pilgrims course in order to offer a diverse and complete diet for our students.