

SAMPLE MENU

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

BREAKFAST

- **Eggs** (Boiled/Fried/Scrambled)
- **Sausages**
- **Bacon**
- **Hashbrown**
- **Baked Beans**
- **Toast** (with butter or jam)
- **Pastries**
- **Fruit**
- **Yoghurt**
- **Cereal**

LUNCH

Piri Piri Chicken

with Rice or Roasted Vegetables

-

Pasta & Meatballs

-

Sweet Potato Gumbo

-

Selection of Salads

(Green / Potato / Tomato / Pasta)

-

Brownie with vanilla ice-cream / Fruit

DINNER

Battered Cod

with Chips, Garden Peas & Tartan Sauce

-

Mushroom Soup

-

Vegan Lasagne

-

Selection of salads

(Green / Potato / Tomato / Pasta)

-

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.