



FRYLANDS WOOD SCOUT OUTDOOR CENTRE

Menu Options

The following will be provided every day regardless of what meal options you choose for your school:

Breakfast	Lunch	Bedtime
Various Cereals Toast with Jam/Marmalade/Marmite Apple/Orange Juice	Salad Crisps	Biscuits
Available All Day: Hot Drinks, Squash/Water, Fresh Fruit		

Please choose **one** of the options under each meal and write them in your preferred days:

	Day 1	Day 2	Day 3	Day 4
Breakfast: Bacon Roll OR Beans on Toast OR Scrambled Egg on Toast	<i>Example: Bacon Roll</i>	<i>Example: Scrambled Eggs</i>	<i>Example: Beans on Toast</i>	<i>Example: Bacon Roll</i>
Lunch: Sausage in a Roll with Onions OR Burger & Cheese OR Assorted Sandwiches	<i>Example: Burger</i>	<i>Example: Sausage</i>	<i>Example: Sandwiches</i>	<i>Example: Sandwiches</i>
Lunch Dessert: Yoghurts OR 2 Small Chocolate Bars e.g. Penguin OR Doughnuts OR Muffins				
Dinner: Pasta Bolognese with Cheese OR Chicken Korma with Rice OR Beef Stew with Potatoes & Veg OR Fish Fingers with Potatoes & Beans				
Dinner Dessert: Apple Pie & Custard OR Angel Delight OR Fruit Flan with Cream or Ice Cream OR Cornetto				

Please let us know if there is anything you'd like to remove, e.g. Crisps or Chocolate bars.

Don't forget to let us know if you'd like the Providore (Camp shop) open during your stay.