



DAY	BREAKFAST	LUNCH	EVENING MEAL
MONDAY	Choice of 2 cereals Apple Juice Sausage, Poached Eggs, Beans Toast Jam/Marmalade	Lentil Soup Baguettes - Various Fillings e.g. Tuna mayo, cheese, egg mayo, ham. Salad Fruit	Lasagne or Vegetarian Option Chips Mixed Veg Apple crumble & custard
TUESDAY	Choice of 2 cereals Apple Juice Egg, sausage Toast Jam/Marmalade	Minestrone or Potato & Leek Soup Pizza Salad & Bread Fruit & Yoghurt	Beef Casserole or Macaroni Cheese Potatoes & Veg Chocolate Sponge & Custard
WEDNESDAY	Choice of 2 cereals Fresh Orange or Apple Juice Poached egg, sausage, beans Toast Jam/Marmalade	Tomato Soup or Scotch Broth Baked Potato – various fillings e.g. tuna, cheese, beans etc. Salad & Bread Fruit	Chicken Korma & Rice Or Gammon Steak Or Vegetarian Option Potatoes & Veg Cheesecake
THURSDAY	Choice of 2 cereals Fresh Orange or Apple Juice Egg, sausage Toast Jam/Marmalade	Burger or Sausage Roll Chips Salad Fruit & Yoghurt	Chicken in gravy or Pasta & Sauce Potatoes & Veg Lemon Meringue Pie
FRIDAY	Choice of 2 cereals Fresh Orange or Apple Juice Sausage, Poached Eggs Toast Jam/Marmalade	Vegetable Soup Tortilla Wraps – Various fillings Salad & Bread Yoghurt	Roast Beef & Yorkshire Pudding or Vegetarian Option Roast Potato & Veg Chocolate Orange Pudding
SATURDAY	Choice of 2 cereals Fresh Orange or Apple Juice Sausage, Poached Eggs, Beans Toast Jam/Marmalade	Lentil Soup Chicken & Ham slice or Cheese Lattice Salad & Bread Fruit & Yoghurt	Steak Pie Or Vegetarian Option Potatoes & Veg Cheesecake
SUNDAY	Choice of 2 cereals Apple Juice Egg or sausage Toast Jam/Marmalade	Vegetable Soup Hot Dog or Quiche Salad & bread Fruit & Yoghurt	Pork Steak Or Meatballs Or Pasta Potatoes & Veg Banana Split Or Strawberry Mousse

SOEC fully complies with the Food Information for Consumers Regulation (EU) No. 1169/2011 on food labelling. Information about daily use of any of the 14 major food allergens identified by the Regulation will be displayed in our canteens prior to food service. SOEC strive to ensure there is no cross contamination in the preparation of food where we have been informed of a specific food allergy or sensitivity. However, please note that all meals are made in kitchens that also handle a variety of potential food allergens. SOEC will always strive to accommodate any dietary requirements you may have and we appreciate your cooperation in providing specific details of your requests at the time of booking to enable us to prepare for your arrival.