

Sample Menu



Day	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast		pain au chocolat/croissants yogurt toast cereal fruit	vegan pancakes yogurt toast cereal fruit	bacon/scrambled eggs baked beans yogurt toast cereal fruit	pain au chocolat/croissants yogurt toast cereal fruit
Lunch	soup of the day tortilla with choice of fillings choice of salad fruits and yogurts	soup of the day baguette with choice of fillings choice of salad fruits and yogurts	soup of the day sausage roll /veg sausage roll choice of salad fruits and yogurts	soup of the day baked potato with choice of fillings choice of salad fruits and yogurts	soup of the day tortilla with choice of fillings choice of salad fruits and yogurts
Dinner	macaroni cheese with peas & garlic bread chicken curry with rice & naan bread cake & custard	Bolognese with pasta & garlic bread tomato & basil pasta dessert apple crumble with custard	sausage with mashed potatoes & roasted veg creamy spinach pasta dessert chocolate cake	chilli con carne/vegan chilli with rice lasagne, garlic bread & mixed veg cake & custard	

Please note that menu offerings may vary based on availability of ingredients. While we make every effort to update our menu regularly, certain dishes or ingredients may be subject to change without prior notice.

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.