

Sample Menu for Mersea Minds in Motion

Friday	
Dinner	<p>Barbeque: Marinated Barbeque chicken breast 6oz steak burgers Pork ribs</p> <p>Vegetarian option: Stuffed pepper Vegan burgers Vegetarian and halloumi kebabs</p> <p>Mixed green salad Corn on the cob Homemade coleslaw Pasta salad</p>
	Fresh fruit salad- Watermelon, honey dew melon, pineapple, grapes, strawberries and kiwi
Saturday	
Breakfast	<p>Cooked full English (sausage, bacon, beans, grilled tomatoes, egg) Selection of cereals (cornflakes, rice krispies, Weetabix, porridge) Fresh fruit Selection of yogurts Wholemeal or white toast</p>
Lunch	<p>Choice of wholemeal baguette or jacket potato</p> <p>Selection of fillings: Cheese Tuna Ham Chicken Baked beans Fresh Salad</p>
Dinner	<p>Homemade chicken and mushroom puff pastry pie Homemade seasonal vegetable puff pastry pie</p> <p>Served with buttery new potatoes and selection of fresh vegetables</p> <p>Apple and cinnamon crumble served with custard or vanilla ice cream</p>
Sunday	
Breakfast	<p>Eggs benedict- Poached eggs with smoked bacon and hollandaise sauce on an English muffin</p> <p>Fresh Fruit Selection of yogurts Wholemeal or white Toast Selection of cereals (cornflakes, rice krispies, Weetabix, porridge)</p>