



ARGOED LWYD
Outdoor Education Centre

Sample Menu

Breakfast



Choice of cereals, tea and coffee, toast
Cooked breakfast (sausage, bacon, beans, spaghetti hoops or chopped toms, mushrooms, hash browns)

Sandwiches with various fillings

Packet of Crisps, Chocolate Bar, Fresh Fruit

Packed Lunch



Evening Meal



Spaghetti Bolognaise with Garlic Bread

Curry with Rice and Naan Bread

Roast Dinner with the trimmings

Beef or Chicken Casserole with Vegetables and Potatoes

Chicken and Pasta Bake with Salad and Garlic Bread

Followed by:

Homemade Rice Pudding

Homemade Apple Pie

Homemade Lemon Meringue

Fresh Fruit Salad

Yoghurts

Cheesecake

Chocolate Fudge Cake

Gateaux

Please contact the Argoed Lwyd team for more information

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This Week's Menu

Breakfast



*Cereals, tea and coffee,
toast, cooked breakfast*



Packed Lunch

*Sandwiches, Crisps,
Chocolate Bar, Fresh Fruit*

Evening Meal



Monday

Tuesday

Wednesday

Thursday

Spaghetti
Bolognaise with
Garlic Bread



Curry with Rice
and Naan Bread



Creamy Pasta
Bake with Garlic
Bread



Pizza night



Sausages and
Mash

