

Example Menu (Mon – Wed)

	Breakfast	Lunch	Evening Meal	Supper
M O N D A Y	Welcome Apple	Make your own wraps Tray bake cake Fruit and veg sticks Afternoon Snack – dried fruit	Home-made pizza Potato wedges and home-grown salad Pudding	Hot Chocolate (Cadbury, just add water is available)
T U E S D A Y	Rice Krispies Cornflakes Wheat Biscuits Fresh Fruit Toast Apple Juice Morning snack – fruit	Make sandwiches Tray bake cake Fruit and veg sticks Afternoon snack - fruit	Owtons Pork Sausages Seasonal salad or vegetables Roast potatoes Pudding	Hot Chocolate (Cadbury, just add water is available)
W E D N E S D A Y	Rice Krispies, Wheat Biscuits, Cornflakes & fresh fruit Croissants Apple Juice	Make wraps Tray bake cake Fruit and veg sticks.		

Meal Planner



Hampshire
County Council

Minstead
Study Centre

School

Date of visit.....

You are able to select your groups' choice of 2 evening meals for your visit.

Please complete and return this form by email at least 3 weeks before your visit

(minstead.sc@hants.gov.uk). If it is not returned within this timescale, our kitchen team will choose on your behalf.

Evening meal* (served at 5pm in the dining hall)	Veggie option	Served with...	Please select here
Owtons Pork Sausages Locally sourced	Veggie Sausages	Homemade roast OR mashed potatoes OR potato wedges, selection of vegetables and gravy	Mash? Roast? Wedges?
Margarita Pizza Homemade pizza bases with a tomato and herb sauce topped with grated cheddar and mozzarella.	n/a	Homemade potato wedges with Minstead mixed salad	
Pasta Bolognese Locally sourced Owton's beef mince in a homemade tomato sauce with a selection of hidden vegetables	Veggie Pasta Bolognese	Homemade garlic bread and grated cheese	
Lasagne Locally sourced Owton's beef mince in a homemade tomato sauce with a selection of hidden vegetables & with homemade cheese sauce.	Veggie Lasagne	Homemade Garlic Bread and Minstead mixed salad	
Cheesy Tomato Pasta Bake Italian pasta sauce with hidden vegetables and, baked in the oven with a crispy, cheesy topping	n/a	Homemade garlic bread and Minstead mixed salad	
Macaroni and cheese Homemade cheese sauce	n/a	Homemade Garlic Bread, Peas OR Minstead mixed salad	Peas? Salad?

***For each meal we aim to include at least 1 component from a local farm and/or produce from our own garden**

Special dietary requirements. We will always do our very best to cater to different dietary needs and allergies. All of our meals can be made free-from dairy & gluten as necessary, though please note that our kitchen does contain wheat and gluten products. We do not use any ingredients that contain nuts; however, we do occasionally stock products that state they 'may contain traces'. We are unable to guarantee that other users of our kitchens and dining spaces haven't used nut products when we hire out our Centre at weekends and in the school holidays.

Please see separate form and return dietary information to us alongside your menu choices.

Going meat-free, or partly meat-free? We recognise that increasingly, people are going partly or wholly meat free in their diets, and that there is clear evidence that populations eating significantly less meat has very positive environmental impact. However, we also recognise that our role at the Centre is to

make sure that children are being served with food that they want to eat! We do have meat-free days in sandwich fillings and hope that there are enough veggie options on the menu, but if you wished for the entire group (or most of the group) to go vegetarian for your stay, then we are very happy to do this.

Desserts. Desserts will be served at each evening meal, with our menu according to stock and season. Some examples are our Minstead apple & blackberry crumble with custard, seasonal fruit salad or homemade chocolate brownies.

Other Mealtimes and Refreshments

Your accommodation includes a kitchenette with hot drink making facilities and a fridge. Tea, coffee, sugar and milk is provided.

Breakfast. This consists of a selection of cereals, fresh fruit, best of both toast, jam and marmite. Apple juice is served to drink, and on your second morning there will be an additional hot serving of croissants.

Lunch. On each day, children and teachers will make their own sandwiches (day 1 and 3) or wraps (day 2) choosing from a selection of fillings to add. This is done at lunchtime on day 1 and straight after breakfast on other days. Lunches on all days are served with vegetable crudités and/or salad items, fresh fruit, homemade cake/traybake.

Morning & Afternoon Refreshments. At mid-session breaks in the morning and afternoon our cooks will prepare either a platter of homemade biscuits, fresh fruit or dried fruit. Tea and coffee is always available for teachers in the accommodation block and classroom. Access to drinking water via the outdoor drinking fountain is available at all times, and we ask that all children bring a water bottle.

Bedtime. Your accommodation block has a pot of instant hot chocolate and the facilities for you to make bedtime drinks for children if you wish. Mugs are also provided. There is also tea and coffee provided for staff. If you wish to supply biscuits, then please feel free to do so.

Further Information

Local food. In line with our sustainable ethos, we source as much food as we are able to locally. Our gardens provide much of our salad, vegetables and fruit. Our chickens (when we have them) supply many of our eggs, and our meat is sourced from local butchers.

Healthy, high quality, delicious meals. Our excellent cooks strive to cook fabulous food which all our visitors enjoy. We use free range and high welfare products wherever possible and ensure that our visitors are having a balanced and nutritious diet while they stay with us.

Marshmallows. We do not supply marshmallows for campfires – and at the campfire the Centre normally leads on your first evening, there is not normally time to consume these. If you wish to have marshmallows at a campfire on your second evening, then you will need to provide these. If doing so, be aware that very few marshmallows available are vegetarian.

If you wish to discuss any aspect of the menu or dietary requirements, please telephone, and speak to our office or kitchen team on 02380 813437