



First Contingent Camp - Menu

Friday Supper

- ▶ Curry Pot Noodles or Chicken Pot Noodles
- ▶ Hot Dogs - frankfurters and rolls
- ▶ Tea and Biscuits

Saturday Breakfast

- ▶ Cereal - Coco pops, Muesli, Cornflakes, Weetabix
- ▶ Apple or Orange Juice
- ▶ Danish Pastry
- ▶ Yoghurt

Saturday Lunch

- ▶ Subs, with Ham, Cheese, Lettuce and Tomato
- ▶ Apples and Bananas, Crisps, and Orange Squash

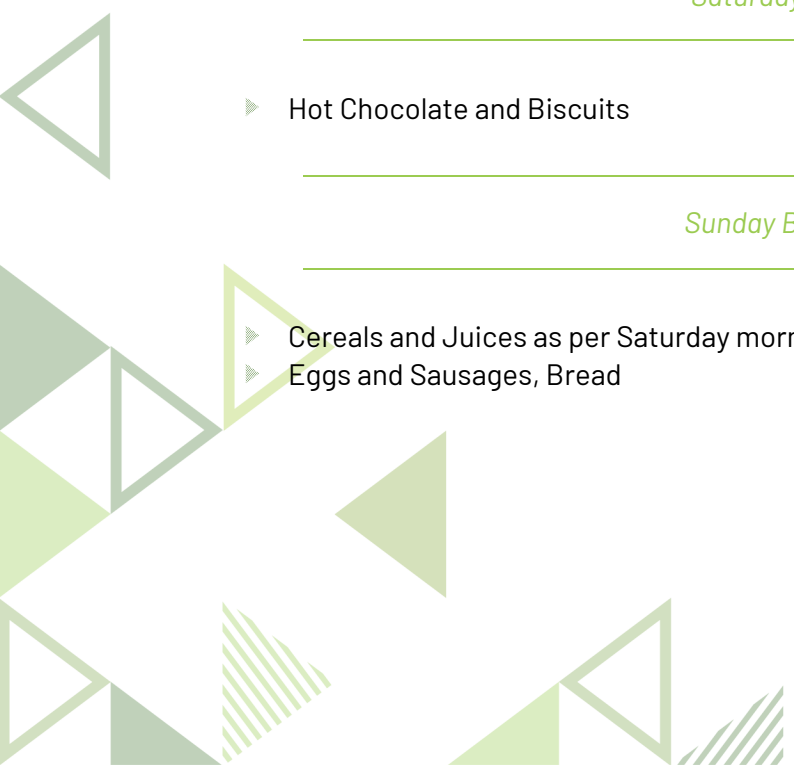
Saturday Dinner

- ▶ Chicken Curry and Rice
- ▶ Chocolate Cake

Saturday Supper

- ▶ Hot Chocolate and Biscuits

Sunday Breakfast

- ▶ Cereals and Juices as per Saturday morning
 - ▶ Eggs and Sausages, Bread
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First Contingent Camp - Menu

Sunday Lunch

- ▶ Subs, with Ham, Cheese, Lettuce and Tomato.
- ▶ Apples and Bananas, Crisps, and Orange Squash

Special Diet Menu Supplements

Vegetarian:

Vegetable Curry

Vegetarian Chorizo and Red pepper sausage

Coeliac:

Gluten Free Bread

Gluten Free caramel shortcake

Gluten free Cornflakes

Gluten free soup

Gluten free muffins

Lactose intolerant:

Alpro Soya milk

Alpro Soya Vanilla Dessert

Pescatarian:

Smoked Haddock Fishcakes

