

CAVILL CAOCHING TRAINING WEEKEND EXAMPLE

MENU

In addition to the meal time food, we will have fresh fruit, water, tea, coffee and hot water available to everyone throughout the day.

Evening will also have a home baked supper later on for that extra bit of nourishment!

FRIDAY EVENING

Homemade beef lasagne, garlic bread, and salad
(available as gluten free option)

Butternut squash and butter bean risotto
Garlic bread and salad. (suitable for vegetarians and vegans)

Choice of ham, cheese or tuna salad

SATURDAY BREAKFAST

Cereals, toast, yoghurts, and cooked breakfast (including vegetarian and vegan options)

SATURDAY LUNCH

Homemade vegetable soup and a choice of sandwiches
Flapjack

SATURDAY DINNER

Homemade chicken and mushroom pie
Seasonal vegetables and salad.

Mediterranean vegetable crumble, potatoes and salad

Choice of ham, cheese or tuna salad

SUNDAY BREAKFAST

Cereals, toast, yoghurts, and cooked breakfast (including vegetarian and vegan options)

SUNDAY LUNCH

Fajita wraps – with salsa and a choice of vegetarian, vegan and meat options.

Homemade shortbread