



Sample Half Board Meal Plan

Harcourt Hill Campus

WEEK 1					
	BREAKFAST	DINNER	SIDE & BREAD	SALADS	DESSERT
MONDAY	Cereals, Toast, Yoghurts and Fresh fruit.	Butter Chicken Curry.	Steamed Rice, Green Beans. Naan Bread.	Cauliflower and Cumin Salad. Mixed Garden Salad.	Fresh Fruit Salad and Greek Yoghurt.
TUESDAY		Braised Beef with Bacon and Mushroom.	Roasted Veg and Mash. Freshly Baked Bread.	Sweet Potato and Freekeh. Mixed Garden Salad.	Fruit Crumble and Custard.
WEDNESDAY		Chicken Cacciatore.	Wholewheat Spaghetti and Garlic Bread.	Caesar Salad. Mixed Garden Salad.	Fresh Fruit Salad and Greek Yoghurt.
THURSDAY		Peri Peri Grilled Turkey Escalopes.	Herb Roasted New Potatoes and BBQ Corn. Khobez Flatbread.	Pasta Salad. Mixed Garden Salad.	Apple Sponge Pudding and Custard.
FRIDAY		Fish and Chips.	Mushy Peas and Tartare Sauce.	Lemon Wedges.	-

WEEK 2					
	BREAKFAST	DINNER	SIDE & BREAD	SALADS	DESSERT
MONDAY	Cereals, Toast, Yoghurts and Fresh fruit.	Chicken and Chorizo Jambalaya.	Green Beans and Tomato. Freshly Baked Bread.	Spiced Carrot and Hazelnut. Mixed Garden Salad.	Fresh Fruit Salad and Greek Yoghurt.
TUESDAY		Meatballs and Marinara Sauce.	Roasted Veg and Mash. Freshly Baked Bread.	Caesar. Mixed Garden Salad.	Fruit Crumble and Custard.
WEDNESDAY		Chilli Beef Burritto or 5 Bean Burrito.	Mexican Rice, BBQ Corn. Garlic Bread.	Squash and Yoghurt. Mixed Garden Salad.	Fresh Fruit Salad and Greek Yoghurt.
THURSDAY		Roast Chicken Gravy and Stuffing.	Roasted Root Veg, Baked potatoes. Freshly Baked Bread.	Slaw. Mixed Garden Salad.	Apple Sponge Pudding and Custard.
FRIDAY		Fish and Chips.	Mushy Peas and Tartare Sauce.	Lemon Wedges.	-



Sample Half Board Meal Plan Harcourt Hill Campus

WEEK 3					
	BREAKFAST	DINNER	SIDE & BREAD	SALADS	DESSERT
MONDAY	Cereals, Toast, Yoghurts and Fresh fruit.	Butter Chicken Curry.	Steamed Rice, Green Beans. Naan Bread.	Cauliflower and Cumin Salad. Mixed Garden Salad.	Fresh Fruit Salad and Greek Yoghurt.
TUESDAY		Classic Beef Lasagne.	Garlic Bread.	Slaw. Mixed Garden Salad.	Fruit Crumble and Custard.
WEDNESDAY		Chicken Cacciatore.	Wholewheat Spaghetti and Garlic Bread.	Caesar Salad. Mixed Garden Salad.	Fresh Fruit Salad and Greek Yoghurt.
THURSDAY		Braised Beef with Bacon and Mushroom.	Roasted Veg and Mash. Freshly Baked Bread.	Greek Salad. Mixed Garden Salad.	Apple Sponge Pudding and Custard.
FRIDAY		Fish and Chips.	Mushy Peas and Tartare Sauce.	Lemon Wedges.	-