

Sample Menus

Lunches will be served in the Education Room – Downstairs studio at Babworth Court

Evening meals and breakfast will be hosted at The Cottage in the dining room.

Food is mostly home cooked, with as much fresh produce as possible sourced locally.

We don't use onions or garlic in our recipes.

There may be trace if we use proprietary product and we will advise participants of that.

We do use nuts – mostly brazil, almond, hazelnut and cashew.

We do not use peanuts, but will advise if there is any trace on any proprietary product.

We can cater for vegan & gluten free but need advising in advance so we can set up menus.

Lunch

Typical menu might include:

Selection of salads – green salad leaves, beetroot, beans, tomatoes, cucumber, carrot

Selection of accompaniments – pasta, rice, crusty bread, boiled egg, pulses

One Main element – e.g. nut roast, butter nut squash muffins, samosas, spring rolls, quiche

One desert – e.g. yogurt, fruit, cheesecake, crème caramel

Tea/coffee/herb teas

Evening Meal

Typical menu might include:

Starter – e.g. soup, avocado, melon

One Main element – e.g. nut roast, mushroom tart, lasagne, roasted vegetables

Selection of accompaniments – vegetables, potatoes, occasionally fries, salad

One desert – e.g. apple pie, cake, fruit strudel

Tea/coffee/herb teas

Breakfast

Typical breakfast will include:

Selection of fruit

Selection of cereals

Breads for toast, croissant

Juice, Yogurt

Tea/coffee/herb teas