## THE POPLARS - SUGGESTED MENU

	FRIDAY
Dinner	Homemade Beef Lasagne + Garlic Bread + Peas
	Or Chilli Con Carne + Tortillas + Rice + Sour Cream + Guacamole
	Brownies + Ice Cream + Fruit
	Evening Drinks (hot chocolate available)
	Children option: Spaghetti Bolognase + Garlic Bread + Peas
	SATURDAY
Breakfast	Bacon + Egg Baps
	Cereals
	Croissants + Toast + Spreads
	Fresh Fruit + Yoghurt
	Tea + Coffee
Mid Morning	Tea + Coffee + Biscuits
Lunch	Homemade Soups [Butternut Squash and Tomato & Basil]
	Warm baguettes + Sausage Rolls + Cheese & Meat Platters
	Yoghurt + Fruit
Mid Afternoon	
Mid Alternoon	Homemade Scones+ Jam + Clotted Cream Tea + Coffee
Supper	Chicken Tikka Masala + Saag Paneer + Bhaji + Rice + Naan bread
••	OR Chicken and Apricot Tagine + Couscous
	Homemade Sticky Toffee Pudding + Vanilla Ice Cream
	Evening Drinks (hot chocolate available)
	Children option: Sausages & Mash
	SUNDAY
Breakfast	Bacon + Egg Baps
	Cereals
	Croissants + Toast + Spreads
	Fresh Fruit + Yoghurt
	Tea + Coffee
Mid Morning	Tea + Coffee + Biscuits
Lunch	Jacket Potatoes + Fillings [Cheese, Beans, Tuna, Salads]
	Yoghurt + Fruit
	Fresh fruit available throughout the weekend