

Essex Outdoors Bradwell

Sample Menu

Please note this is a sample menu only and not definitive. We will email you the actual menu during the week prior to your trip.

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast		Sausage Egg Bacon Beans Hash Brown Toast Yoghurt Cereal Selection Selection of Fruit Apple/Orange Juice			Pancakes Bacon Maple Syrup Mixed Berry Coulis Yoghurt Cereal Selection Selection of Fruit Apple Orange Juice
Lunch	Roll or Baguette with a selection of fillings Sausage Roll Fruit Crisps Salad Shortbread		Roll or Baguette with a selection of fillings Cheese Scone Fruit Crisps Salad Flapjack		
Evening Meal		Chicken Fajitas with Chicken strips Grated Cheese Mixed Bean Salad Fresh Salad Refried Beans Jalapenos Bell Peppers Sour Cream Salsa Cheesecake		BBQ Burger Hotdog Chicken Drumsticks Potato Salad Coleslaw Salad Choc Ice	

Fresh fruit is available at every meal

No nuts permitted within the centre

We can provide dietary alternatives for dietaries detailed on our group information form, provided it is returned to us no later than 7 days before your visit commences