

# FreshTraxxx sample menu

Day	Breakfast	Afternoon Tea	Starter	Main	Dessert
<b>Sun</b>	<b>Arrival day</b>	Apple and cinnamon cake	Spinach soufflés	African beef stew served with garlic buttered peas, herb grilled Aubergine and onion glazed chipped potatoes	Banana and walnut individual tarts
<b>Mon</b>	Potato cakes Porridge and boiled eggs	Chocolate brownies	Honeyed brie courgette raps	Pork with mustard sauce served with rice stuffed peppers and ratatouille	Lemon meringue freezes with a lemon drizzle
<b>Tues</b>	Pancakes Porridge and boiled eggs	Lemon drizzle cake	Celery and potato soup	Duck breast marinated in an orange sauce served with Sweet potato mash broccoli and sautéed cabbage	Individual chocolate charlottes
<b>Wed</b>	Full English breakfast	Chocolate cake	<b>Chef night off</b>	<b>Chef night off</b>	<b>Chef night off</b>
<b>Thur</b>	Poached eggs Porridge and boiled eggs	White chocolate and raspberry sponge	Roasted Mediterranean vegetables (aubergine, courgette and peppers) with melted feta cheese	Roasted Lamb in a red wine gravy with onions, garlic and rosemary served with walnut tossed potatoes roasted fennel and courgettes	Apple and pear tart
<b>Fri</b>	Omelettes with cheese and lardons (option) Porridge and boiled eggs	Banana bread	Onion tart with a salad garnish	Chicken stuffed with parmesan and mushrooms in a white wine sauce Accompanied by Honey roasted potatoes and French beans with shallots	Baked Lime cheese cake served with lime coolie
<b>Sat</b>	Fried Eggs	Flapjacks	Carrot soup	Salmon en croute baked with spinach lemon and potatoes served with Dauphinois potatoes and creamy leeks.	Sticky toffee pudding with toffee sauce and ice cream
<b>Sun</b>	Scrambled eggs	<b>Departure day</b>	<b>Departure day</b>	<b>Departure day</b>	<b>Departure day</b>