

SAMPLE MENUS

(PLEASE NOTE: these are only sample menus from past conferences held at Cefn Lea Conference Centre to inform your choices regarding meal plans.

Monday Evening Meal

Fish & Chips, Garden Peas, Mushy Peas
Apple Pie & Custard / Tea & Coffee

Tuesday Breakfast

Selection of Cereals, Toast with Marmalade & Jams
Light Cooked Breakfast - Sausages, Hash Browns, Baked Beans, Tomatoes / Tea & Coffee

Tuesday Lunch

Baked Potatoes with an assortment of fillings, Tuna Mayo, Grated Cheese, Coleslaw, Salad
Assortment of Doughnuts / Tea & Coffee

Tuesday Evening Meal

Chicken or Beef Curry, Rice, Nan Bread
Dessert / Tea & Coffee

Wednesday Breakfast

Selection of Cereals, Toast with Marmalade & Jams
Croissants, Grapefruit & Yogurts / Tea & Coffee

Wednesday Lunch

Chicken Burgers, Salad, Chips
Assortment of Fruit / Tea & Coffee

Wednesday Evening Meal

Roast Chicken, New Potatoes, Vegetables
Dessert / Tea & Coffee

Thursday Breakfast

Selection of Cereals, Toast with Marmalade & Jams
Light Cooked Breakfast - Sausages, Hash Browns, Baked Beans, Tomatoes / Tea & Coffee

Thursday Lunch

Baguette with an assortment of fillings, Tuna Mayo, Grated Cheese, Coleslaw, Salad
Assortment of Muffins / Tea & Coffee

Thursday Evening Meal

Roast Beef, Yorkshire Puddings, Roast Potatoes, Parsnips, Vegetables
Assortment of Cornetto's / Tea & Coffee

Friday Breakfast

Selection of Cereals, Toast with Marmalade & Jams
Croissants, Grapefruit & Yogurts / Tea & Coffee

Friday Hot Buffet

Beef Curry, Chicken Curry, Sweet & Sour Chicken, Rice, Salad, Chips, Peas
Selection of Yogurts, Muffins and Fruit
Tea & Coffee

Saturday Breakfast

Selection of Cereals, Toast with Marmalade & Jams
Light Cooked Breakfast - Sausage, Baked Beans, Tomatoes & Hash Browns
Tea & Coffee

Saturday Lunch

Baked Potato with a selection of Fillings, Tuna Mayo, Grated Cheese,
Coleslaw & Salad
Selection of Doughnuts
Tea & Coffee

Saturday Evening Meal

Baked Chicken served with Sliced Beans, Sweet Corn & Chips
Apple Pie & Custard
Tea & Coffee

Sunday Continental Breakfast

Selection of Cereals, Grapefruit & Yogurts
Croissants & Toast with Marmalade & Jams
Tea & Coffee

Sunday Lunch

Roast Topside of Beef served with
Yorkshire Pudding, Roast Potatoes, Carrots & Broccoli
Cornetto's
Tea & Coffee