



## Seasonal Menu and Food Choices

No stay at Magdalen is complete without enjoying our tasty meals - meals cooked right here on site using fresh and seasonal ingredients direct from the farm or from local and organic suppliers.

We would like to offer you a choice of evening meal. To make this work, we will need you to make your choices, and to send them to us on the Magdalen Record Sheet, at least 2 weeks prior to arrival.

*Option 1 is the default choice for our visitors who prefer not to make a selection.*

### Breakfast

A variety of cereals, juice and toast with preserves. On Tuesdays and Thursdays, and on a weekend day by arrangement, we will offer a cooked breakfast, such as eggs and beans.

Snacks during the day include homemade flapjack or biscuits with juice or water

### Lunch

Either Egg flan or ingredients to make sandwiches with a choice of fillings will be provided on alternate days of the week along with a sausage roll (or vegetarian alternative) or crisps, fruit, vegetable sticks and a drink. *(Please note a packed lunch from home may be required on the day of arrival)*

### Supper

A two-course meal served with either seasonal salads or vegetables.

	Option 1	Option 2 (Magdalen Farm meats)	Option 3
<b>Monday</b>	Vegetable cheesy pasta bake with garlic bread	Meat pasta bake with garlic bread	Jacket potato with variety of fillings
<b>Tuesday</b>	Vegetable sausages and potatoes	Sausages and potatoes	Jacket potato with variety of fillings
<b>Wednesday</b>	Seasonal vegetable pie with potatoes	Chicken pie and potatoes	Jacket potato with variety of fillings
<b>Thursday</b>	Vegetable Curry with rice	Magdalen meat curry with rice	Jacket potato with variety of fillings
<b>Friday</b>	Seasonal vegetable pie with mashed potatoes	Shepherd's pie	Jacket potato with variety of fillings
<b>Saturday</b>	Vegetable sausages and potatoes	Sausages and potatoes	Jacket potato with variety of fillings
<b>Sunday</b>	Lentil loaf with potatoes	Magdalen Sunday roast with potatoes	Jacket potato with variety of fillings

Each main meal will be followed by a dessert such as fruit crumble, apple cake, treacle sponge, rice pudding and served with either cream, ice cream or custard.

*Magdalen is happy to cater for any specific medical or religious dietary requirements with notice  
We operate a NO NUTS policy*