

The background of the entire page is a close-up photograph of several green peas in their pods. The pods are bright green and appear fresh, with some pods slightly open to reveal the round peas inside. They are resting on a dark, textured surface, possibly wood or stone, which is out of focus. The lighting is soft, highlighting the texture of the pea pods.

African Caribbean menu

Breakfast

Orange juice **EC H V VG**

Rice krispies with semi skimmed milk **V**

Weetabix with milk **V**

Ready brek with milk **V**

Branflakes with semi skimmed milk **V**

Cornflakes with semi skimmed milk **EC V**

Quaker gluten free original porridge oats with milk **EC V**

Wholemeal sliced bread **V VG**

White sliced bread **V VG**

Margarine **V VG**

Butter **V**

Honey **V**

Jam **V VG**

Marmalade **V VG**

Marmite **V VG**

Banana **EC H V VG**

Easy peel orange **H V VG**

Red apple **H V VG**

Conference pear **H V VG**

Muller thick and creamy yoghurt **V**

Strawberry healthy balance yoghurt **EC H V**

EC

EASY TO CHEW

H

HEALTHIER EATING

E

HIGH ENERGY

V

VEGETARIAN

VG

VEGAN

Appetisers

Orange juice **EC H V VG**

Please select vegetarian or vegan soup from standard menu

+ White / malted wheat petit pain roll **V**

Served with butter **V**
or margarine **V VG**



Mains

Okra curry with rice **E V VG**

Jerk chicken with
rice and peas **E**

Spicy fried chicken
with rice and peas **E**

Chicken curry with rice **E**

Brown stew chicken
with rice and peas **E**

Fried hake fish and rice **E**

Escovitch fish
and white rice

Ackee and saltfish
with rice **E**

Curry goat rice
and peas **E**

Brown stew lamb with
rice and peas **E**

Mutton curry with rice **E**

Beef curry and
white rice **E**

Jacket potatoes

*Served with one filling,
butter and side salad*

Baked beans **H V VG**

Grated cheddar **E V**

Coleslaw **V**

Tuna **H**

Salads

Ham

Chicken

Grated cheddar **E V**

Egg **V**

Tuna

Falafel houmous **E**

+ White / malted wheat
petit pain roll **V**

*Served with butter **V**
or margarine **V VG***

Sandwiches

*Served with Seabrook
sea salted crisps **V VG**
and side salad **H V VG***

British ham on white

British ham on granary

Chicken on white **E**

Chicken on wholemeal **E**

Mature cheddar
on white **E V**

Mature cheddar on
wholemeal **V**

Chunky egg mayonnaise
on white **E V**

Chunky egg mayonnaise
on wholemeal **V**

Tuna mayonnaise
on white **H**

Tuna mayonnaise
on wholemeal **H**



Desserts

Hot dessert

Please select vegetarian or vegan dessert from standard menu

Custard **EC** **V** available on request

Cold dessert

Cheese and crackers and butter **V**

Ambrosia custard pot **EC** **V**

Muller thick and creamy yoghurt **EC** **V**

Banana **EC** **H** **V** **VG**

Easy peel orange **H** **V** **VG**

Red apple **H** **V** **VG**

Conference pear **H** **V** **VG**

Snacks

Cheese and crackers and butter **V**

Muller thick and creamy yoghurt **EC** **V**

Gluten free Madeira cake slice **EC** **V**

Gluten free chocolate cake slice **V**

Mini pack biscuits **V**

Banana **EC** **H** **V** **VG**

Easy peel orange **H** **V** **VG**

Red apple **H** **V** **VG**

Conference pear **H** **V** **VG**

