



Rotary Youth Leadership Awards in District 1100

SAMPLE MENU

No one goes hungry on our RYLA courses!

This is an indication of the type of food that is available and not necessarily what will be served and when.

Breakfast: Buffet style - Cereals, fresh fruit, yoghurt, fruit juices. Choice of cooked items:- sausage, bacon, tomato, mushrooms, and scrambled eggs

Tea, coffee, toast, croissants, bread rolls, marmalade, jam and butter or margarine.

Mid-morning break / Afternoon break:

Coffee, tea, bottled water, fruit juice

A selection of biscuits, choc bars, fruit cake, muesli bars.

Lunch Buffet:

Sliced various cold meats, salads, new potatoes, rolls and butter

Fresh fruit, yoghurts and muffins

Filled sandwiches / wraps, crisps, muesli bar, fruit juice / water

Tuesday dinner (Arrival Buffet):

Buffet rolls, pork pie, samosas, dim sum, pizza fingers, mini wraps, tomato brochetta and fresh fruit.

Wednesday dinner:

Lasagna bolognaise, garlic bread and mixed salad. Vegetarian lasagna (V)

Hot chocolate cake with black cherry sauce

Thursday dinner:

Pork casserole with green beans, carrots and creamy sliced potatoes. Cauliflower cheese (V)

Syrup sponge and custard

Friday dinner:

Chicken Rogan Josh, savory rice, puppodoms, nan bread & mixed salad. Vegetable curry.

Fruit trifle

Saturday dinner:

Roast turkey, bacon roll, stuffing, roast and boiled potatoes, cauliflower and broccoli.

Celery and cashew nut stroganoff (V)

Apple pie and custard

Sunday late afternoon:

Hot buffet to include a spit roast, salads and sweet table.

NB. Fresh fruit is available as an alternative to any of the desserts (except Sunday)