

# Danbury Outdoors



## **Menus**

There are two menus you can now choose from for your group booking, standard menu or healthier option menu.

As you are aware there is increasing public concern over obesity and our health. In response to this we have put together a healthier menu with this in mind. All of the products are either:-

- Low in fat and have reduced or restricted levels of salt and sugar.
- Have had the amount of fat reduced by at least 30% compared to their standard equivalent.

You can choose from our new healthier option menu at an additional cost of £1 per head per day.

## **Cooked Breakfast**

Choice of three items:

2 bacon rashers, 2 sausages, portion of baked beans, 1 egg, 2 hash browns, or a portion of tomatoes.

One crusty roll & cereal included. Healthier menu has reduced fat sausages, baked beans and tomatoes that are low in salt & sugar & non-pre fried hash brown.

## **Continental Breakfast**

1 Croissant, 1 crusty roll, 1 slice of ham, 1 slice of cheese, yoghurt, cereal, jam. Healthier menu items are low fat cheese, low fat yoghurt and the croissant is replaced by a reduced fat Bagel.

## **Packed Lunch**

1 large white bap, 1 piece of fruit, 1 packet of crisps, a drink. Healthier menu items are low fat cheese, low fat crisps, low fat mayonnaise and low in sugar drink.

Choice of two filling:

- 1 slice of ham
- 1 slice of cheese
- 1 slice of chicken
- Portion of tuna
- Portion of egg mayonnaise

## **Ploughman's**

French stick, 1 slice of ham, 1 slice of cheese, a portion of pickle, a packet of crisps, a drink and salad. Healthier menu items are low fat cheese, low fat crisps and low in sugar drink.

## **Supper**

Tea, coffee, hot chocolate, 2 biscuits

## **BBQ**

Choose two options out of the five below:

- 1 sausage in a roll with onions
- 1 beef burger in a bun
- Chicken breast
- Pork chop
- Rump steak

For no extra charge you can add a BBQ glaze to the pork, chicken or steak. Choose from these options – pepper, lemon pepper, garlic butter, Chinese, smokey BBQ, Cajun or Thai green curry. Dessert, choc Ices.

Healthier menu items are low in fat sausages and burgers, dessert strawberry smoothie.

## **Portion sizes – Healthy menu**

Soup Healthy – Large ladle (Tomato & Basil)

Pizza Healthy – 4 portions to 1 slab of pizza

Chicken Burger – 2 per portion

Beef Burger – 2 per portion

Jacket Potatoes – Individual

Beef Lasagne Healthy – Individual

Pork Meatballs – 8 per portion

Breaded Cod – Individual

Cajun Chicken – Individual

Pork Sausages – 2 per portion

Noodles, rice, pasta and potatoes – large ladle

Vegetables – medium ladle

Cheese, beans & coleslaw – small ladle

## HEALTHIER OPTION MENU

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>BREAKFAST</b>	Continental or Cooked	Continental or Cooked	Continental or Cooked	Continental or Cooked	Continental or Cooked	Continental or Cooked	Continental or Cooked
<b>LUNCH</b>	Rolls Fruit  OR Beef Burger Salad Strawberry Smoothie	Rolls Fruit  OR Hot Dogs & Onions Apple & Grape Mix	Rolls Fruit  OR Tomato & Basil Soup Crusty Roll Chocolate Dairy Dessert	Rolls Fruit  OR Breaded Chicken Burger Coleslaw Fruit Pot	Rolls Fruit  OR Ploughman's Raisin & sultana Fruit Mix	Rolls Fruit  OR Hot Dogs & Onions Apple & Grape Mix	Rolls Fruit  OR Ploughman's Raisin & sultana Fruit Mix
<b>DINNER</b>	Breaded Fish Portion Spaghetti Hoops Potatoes Rice Pudding	Gammon Steak & Pineapple Potato Cakes Garden Peas	Spaghetti Bolognese Chocolate Angel Delight	Cajun Chicken Sweet corn Potatoes Fruit Cocktail	Pork Sausages & Gravy Mash Potatoes Garden Peas Strawberry Angel Delight	Spaghetti Bolognese Chocolate Angel Delight	Cajun Chicken Sweet corn Potatoes Fruit Cocktail
<b>SUPPER</b>	Hot Drink Biscuit	Hot Drink Biscuit	Hot Drink Biscuit	Hot Drink Biscuit	Hot Drink Biscuit	Hot Drink Biscuit	Hot Drink Biscuit

**Our healthier menu is naturally healthy or low/reduced in salt, sugar, and/or fat content.**

Vegetarian and Special Dietary Needs are available. Hallal meat available is chicken and lamb. These need to be notified at least 2 weeks in advance. Any meal can be replaced with a BBQ.