

Danbury Outdoors



Menus

There are two menus you can now choose from for your group booking, the standard menu and 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 & breaded potato waffles.

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 white bap, a 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 – standard menu

Beef Burger – 2 per portion

Chicken Burger – 2 per portion

Hot Dogs – 2 per portion

Soup – Large ladle (Tomato or Chicken)

Breaded Fish – Individual

Pork sausages – 2 per portion

Pasta Bolognese – Large ladle of sauce

Cajun Chicken – Individual

Pork Meatballs – 6 per portion

Noodles, rice, pasta and potatoes – large ladle

Vegetables – medium ladle

Cheese, beans & coleslaw – small ladle

STANDARD MENU

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BREAKFAST	Continental or Cooked	Continental or Cooked	Continental or Cooked	Continental or Cooked	Continental or Cooked	Continental or Cooked	Continental or Cooked
LUNCH	Rolls Fruit OR Hot Dogs & Onions Choc Ices	Rolls Fruit OR Breaded Chicken Burger Coleslaw Vanilla Ice Cream	Rolls Fruit OR Ploughman's Strawberry Ice- cream	Rolls Fruit OR Beef Burger Salad Jam Doughnut	Rolls Fruit OR Soup (Tomato or Chicken) Crusty Roll Strawberry Mousse	Rolls Fruit OR Hot Dogs & Onions Choc Ices	Rolls Fruit OR Ploughman's Strawberry Ice- cream
DINNER	Breaded Fish Portion Spaghetti Hoops Potatoes Rice Pudding & Jam	Pasta Bolognese French Bread Chocolate Fudge Cake	Chicken Cajun Potatoes Sweet corn Fruit Cocktail Custard	Beef Meatballs in a Tomato Sauce Noodles Chocolate Delight	Pork Sausages & Gravy Potatoes Garden Peas Jam Doughnut	Pasta Bolognese French Bread Chocolate Fudge Cake	Chicken Cajun Potatoes Sweet corn Fruit Cocktail Custard
SUPPER	Hot Drink Biscuit	Hot Drink Biscuit	Hot Drink Biscuit	Hot Drink Biscuit	Hot Drink Biscuit	Hot Drink Biscuit	Hot Drink Biscuit

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,