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hello@stayatcohort



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trips happen

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## EVENING MEALS | [Name of School]

- Please fill in the below table and return it to hello@stayatcohort.co.uk by [deadline].
- Please select ONE main meal choice per day and indicate in the columns how many meat / vegetarian options you need.
- Please select ONE dessert per day.

DAY	Choose <u>one</u> main option per day and <u>one</u> dessert per day				
	MAIN	Vegan	Veggie	Meat	DESSERT
Day 1					
Day 2					
Day 3					
Day 4					
Day 5					

### MAIN MENU:

**Option 1** Cottage pie | **Option 2** Broccoli macaroni cheese | **Option 3** Cheese burger | **Option 4** Cornish sausages | **Option 5** Rice bowl | **Option 6** Lasagne | **Option 7** Pizza

### DESSERT MENU:

**Option 1** Jam coconut sponge | **Option 2** Marshmallow squares | **Option 3** Rocky road | **Option 4** Fruit salad

Please use the below space to inform of us of any dietary requirements we should know about:

(if you have a mix of vegetarians and meat eaters and you're telling us about an allergy please make sure to indicate whether the individual with the allergy is a vegetarian or not; i.e. 1 x nut allergy (meat eater)).