

MENUS

The English Event, Brymore Academy, Somerset | 1st -7th August 2016

OneWorld[®]

summer festival

WRISTBANDS

GREEN
First Sitting

BLUE
Second Siting

MONDAY DINNER

STANDARD MENU

Sweet vegetable soup with millet
Bean burgers with soy tartare sauce
Broccoli with sesame dressing
Crunchy salad (cabbage, radishes, carrot, cucumber)
with mustard dressing.

Oat milk " panna cotta " with berry sauce and mint
leaves

ALTERNATIVE MENU

Pizza with red pepper and mushrooms
potato mash &
vegetarian sausages,

Oat milk " panna cotta " with berry sauce and mint
leaves

TUESDAY LUNCH

STANDARD MENU

brown basmati rice pilaf with coconut
Chick peas curry
Cauliflower pakoras
Green salad with roasted sesame seeds and ginger
dressing

Stuffed pears with chocolate sauce

ALTERNATIVE MENU

Pasta with vegetarian ragout
Sweet potatoes chips
Green peas

Stuffed pears with chocolate sauce

TUESDAY DINNER

STANDARD MENU

cream of zucchini and mint soup
Pasta with green sauce, and roasted pine nuts.
Marinated baked tofu or Baked fish Mediterranean
Sautéed carrot

ALTERNATIVE MENU

Rice salad with eggs and feta cheese

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WEDNESDAY LUNCH

STANDARD MENU

quinoa salad with roasted seeds and lemon dressing
dill, parsley, sunflower seeds, dried cranberry, carrots
Seitan and mushrooms sautéed and teriyaki sauce
(gluten free version: tempeh and mushrooms with
teriyaki sauce)
Broccoli and soya mayonnaise

Chocolate mousse

ALTERNATIVE MENU

Omelette with spring onion and champignons
Spaghetti and tomato sauce, grated cheese

Chocolate mousse

WEDNESDAY DINNER

STANDARD MENU

Minestrone soup with borlotti beans and fresh herbs
Whole grain couscous salad (or rice for gluten free
option)
Lentils croquettes or fish fingers
Spicy tomato sauce
Roasted squash

ALTERNATIVE MENU

Potatoes wedges and mayonnaise
Vegetarian burgers

THURSDAY LUNCH

STANDARD MENU

Brown rice and vegetables sautéed
sweet and sour beans
Baked zucchini Provençal
Mixed pressed salad with mustard vinaigrette (cabbage, carrots, bok choy, radishes, cucumber)

Carrot cake

ALTERNATIVE MENU

White basmati rice
fish filets
chips

Carrot cake

THURSDAY DINNER

STANDARD MENU

Red lentil soup with ginger and fresh coriander
Bulgur tabouli or rice tabouli
(for gluten free alternative)
Falafel and pita bread
Tahini sauce or yogurt mint sauce
Hummus

ALTERNATIVE MENU

Margherita Pizza

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FRIDAY LUNCH

STANDARD MENU

Noodle salad with sea vegetables and peanut butter
lemon dressing

Sweet and sour tofu with vegetables
Cauliflower, rocket red onions salad

Polenta lemon custard

ALTERNATIVE MENU

Pasta with tomato sauce
Fish finger and chips

Polenta lemon custard

FRIDAY DINNER

STANDARD MENU

Cream of vegetable soup with croutons
Vegetarian or fish paella
String beans with almonds
Mixed salad with vinaigrette

ALTERNATIVE MENU

Baked potatoes with vegetarian haggis
Zucchini and red pepper quiche

SATURDAY LUNCH

STANDARD MENU

Saffron brown basmati rice
Chilly con seitan
Oven baked carrots chunks with cumin
Green salad with rucola and orange dressing

Watermelon

ALTERNATIVE MENU

Vegetarian burger or sausages
Potato salad

Watermelon

SATURDAY DINNER

STANDARD MENU

Fish soup and corn chowder
Quinoa salad
Green peas cashew dip with mint and tortilla chips
Steamed greens
Grated carrot celeriac, cabbage and apple salad with
raisin and walnuts..

ALTERNATIVE MENU

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SUNDAY BRUNCH

Oat porridge, Gluten free porridge
Roasted sunflower seeds, Raisins, Miso soup
Sourdough rye bread
Sourdough whole spelt bread
Sourdough white bread
Home made bake beans
Scrambled eggs or boiled eggs

Selection of sugar free jams
Tahini spread, Peanut butter spread
Butter, Bean spread
Sugar free corn flakes, Sugar free muesli
Rice drink, Soya drink, Cow milk
Soya yogurt, Selection of fresh fruit
Steamed greens

DAILY BREAKFASTS

Oat porridge, Gluten free porridge
Roasted sunflower seeds, Raisins, Miso soup
Sourdough rye bread
Sourdough whole spelt bread
Sourdough white bread
Home made bake beans
Scrambled eggs or boiled eggs

Selection of sugar free jams
Tahini spread, Peanut butter spread
Butter, Bean spread
Sugar free corn flakes, Sugar free muesli
Rice drink, Soya drink, Cow milk
Soya yogurt, Selection of fresh fruit
Steamed greens