

# MENUS

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

OneWorld<sup>®</sup>

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