

OUTWARD BOUND EVENING MEAL STANDARDS

MAIN MEALS

Each day we will provide meals matched to the young people attending.

1 x Meat based main meal
1 x Vegetarian main dish
1 x Other main dish*
Baked potato with fillings.

*Based on group requirements
E.g. Vegan , plain or ethnic.

FRUIT AND VEGETABLES

Two different vegetable sides daily , a minimum of four types per week,
A salad bar consisting of lettuce, tomato, cucumber, coleslaw, pasta salad and a daily salad.

A fresh fruit bowl available at all times, two types of fruit minimum per week.

STARCHES

(Potatoes, rice, chips, tortilla crisps etc).

A baked potato available as a side or main dish every evening meal.

Two further starch based sides
A minimum of four different starch based items per week.

A starch fried in oil (i.e. chips) no more than two days per week.

Bread available everyday.

DESSERTS

Two changing daily desserts

Every day
Sugar Free Jelly
Fruit yoghurts
Fresh fruit.

ENOUGH TO EAT

Mix and match your proteins and starches.

Baked potatoes can be either a main course with filling, a side dish to bulk up a main meal or a second course.

Evening supper will be offered to ensure all have had the chance to eat before bed

Young People will be encouraged to ask for second helpings if still hungry.

SUPPER

(No one should go to bed hungry)

Unlimited Hot Toast
Gluten Free Bread available
Butter & Jam
Fresh Fruit bowl
Unlimited water & Sugar free cordial available.

OUTWARD BOUND FOOD STANDARDS

MILK AND DAIRY

Low fat regular Milk as standard. Soya or Oat Milk available at all times.

Vegan cheese available.

HEALTHY DRINKS

24hr Access to fresh drinking water.

Sugar free fruit squash during meal times and provided in group rooms.

Young persons hot drinks machine will be available 7:30am—7:30pm (for primary age this will be at teachers discretion).

All fizzy drinks replaced with water based fruit or vegetable drinks. Both still and sparkling varieties.

ALLERGENS AND DIETARY REQUIREMENTS

Outward Bound is an inclusive provider and as such we will cater to all dietary requirements.

- Gluten, dairy free and vegan alternatives available on request.
- Halal meats available.
- Lunch and ration meals are adapted to suit and individually bagged.
- All home baking is labelled with ingredients and allergies.
- Separate equipment is used for allergies if appropriate.
- All staff regularly put through allergen training.

THE ENVIRONMENT AND OUR CARBON FOOTPRINT

We engage with the “Meat free Monday project” to reduce our carbon footprint by reducing meat consumption.

We have reduced our food deliveries to two days a week to reduce the impact of transportation.

We work with our carbon zero committee to continually strive to reduce waste and plastic consumption.

BREAKFAST AT OUTWARD BOUND

EVERY MORNING

CEREALS

Eat as much as you like!

Rise Crispies, Weetabix, Cheerios, Cornflakes and Coco Pops



EXTRAS

Eat as much as you like!

Brown or white toast (with jam and butter), Porridge, fresh fruit, yoghurts, dried fruit.



DRINKS

Eat as much as you like!

Chilled water, sugar free fruit squash, tea, coffee and hot chocolate.



DAILY COOKED OPTION

A daily prepared, hot plated breakfast.

Options available include:

Cooked Breakfast

- Pork sausage
- Hash Brown
- Roasted tomato
- Poached egg
- Veggie sausage.



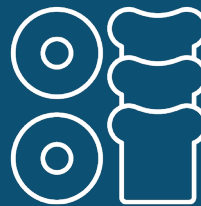
Warm Waffles

- Topped with:
- Maple syrup
 - Natural yoghurt
 - Black cherry compote.



Toasted Bagels

- Topped with:
- Roast ham
 - Sliced cheese
 - Poached eggs



Warm Pancakes

- Topped with:
- Maple syrup
 - Natural yoghurt
 - Black cherry compote.



OUTWARD BOUND LUNCHES

Two savoury items - A choice of sandwiches and sausage rolls.

Three snack items - From a selection of cakes, home-baking, biscuits or crisps.

Unlimited Fresh fruit.

SAMPLE LUNCH MENU (LOCH EIL)

SANDWICHES

Choose from:

- Ham, jam, cheese, chicken mayo, tuna mayo, egg mayo or houmous.



EVERYTHING ELSE

1 of each of the following:

- Plant Based Sausage Roll
- Packet of Crisps
- Flapjack
- Brownie
- Fresh Fruit

Available for pick up on the Counter.

Alternative cakes and snacks may be provided.

Gluten free and vegan options are available.

