

MRC Wales Menu 2007

Option 1 £6.00

Sandwiches

50% Vegi

50% Meat

Buffet Selection

50% Vegi selection, example

Ethnic mini selection

Cheese & onion rolls

Spring rolls, Vegi pastries

50% Meat selection, example

Pork pies, Savoury eggs

Pasties, Sausage rolls

Meat pastries, Meat bits

Quiche

Crisps

Cake

Fruit bowl

Add extra Buffet Selection £1 per person

Option 2 £6.50

Open Rolls

50% Vegi

50% Meat

Buffet Selection

50% Vegi selection, example:

Ethnic mini selection

Cheese & onion rolls

Spring rolls, Vegi pastries

50% Meat selection, example:

Pork pies, Savoury eggs

Pasties, Sausage rolls

Meat pastries, Satay sticks

Quiche

Crisps

Cake

Fruit bowl

Add extra Buffet Selection £1 per person

Option 3 “New” £7.00

Basic Salad

Lettuce, Cucumber, Tomato

Coleslaw

Ham, chicken, tuna, cheese, egg

Bowls of beetroot, mayo, pickle

Crisps

Fresh bread & butter

Fresh fruit salad & cream

Fruit bowl

Add hot small potatoes .50p per person

Option 4 £9.00

Deluxe Salad

Meat selection of:

Ham

Chicken

Beef

Salami

Fresh bread & butter

Quiche

Egg

Selection of cheeses

Avocado

Coleslaw

Mixed salad

Pasta salads

Rice salads

Hot small potatoes or potato salad

Cheese cake & cream

Fresh fruit salad

Fruit bowl

All menus include orange juice and tea or coffee

Menu options are subject to change without notice

Ingredients may vary subject to availability.

Available:

On arrival, mid morning and mid afternoon

Tea/Coffee with biscuits .95p per mug

Tea/Coffee & Welsh Cakes £1.50 per person

Tea/Coffee & Cakes Selection £2.50 per person

Tea/Coffee & Cream/Jam Scones £3.50 per person

Jug of Orange Juice £2 each