



Save Money with our Great Value Day Delegate Rates

- Package A** - 3 servings of Tea or Coffee served with Biscuits or Fresh Fruit
Light Lunch served with that Days Sweet Selection, Orange Juice & Tea & Coffee
- Package B** - 3 servings of Tea or Coffee served with Biscuits or Fresh Fruit
Working Lunch served with that Days Sweet Selection, Orange Juice & Tea & Coffee
- Package C** - 3 servings of Tea or Coffee served with Biscuits or Fresh Fruit
Hot Lunch served with that Days Sweet Selection, Orange Juice & Tea & Coffee



Light Lunches

Homemade Soup served with a selection of Freshly Baked Breads
OR
Traditional Sandwiches Served on Wholemeal, Granary & White Bread



Hot Lunch

Example of Hot Lunches
Chicken Supreme with White Wine & Mushroom Sauce served with Rice
Lancashire Hot Pot served with Red Cabbage & Pickles
Cumberland Sausage & Red Wine & Onion Gravy served with Creamy Mash
Poached Salmon with a Dill Sauce
Roasted Red Pepper with Stir Fried Vegetables served with Noodles
All served with Local Fresh Seasonal Vegetables & Accompaniments
Followed by that Days Sweet Selection



Food Choices

Fair-Trade & Local Products used where ever possible
Always **brown / granary bread** available as well as white
Flora available as an alternative to butter
Seeds available as toppings for Salads along with Salad Dressings
Refreshment Breaks - **Fruit Basket** with a good selection of fruit available as a choice
Decaffeinated Tea / Coffee available
Choice of Semi Skimmed & **Skimmed Milk**
Canderal sweeteners available as alternative to sugar
A **Fruit Basket** with a good selection of fruit available as a choice for desserts along with **Local Fruit Yoghurts**

Working Lunches

All Followed by that Days Sweet Selection

Baked Jacket Working Lunch

Baked Jacket Potatoes served with a selection of
3 Seasonal Fillings & Salad Garnish
Example Fillings – Smoked Salmon & Cream Cheese - Coronation Chicken
Lancashire Cheese - Baked Beans – Coleslaw – Cottage Cheese – Tuna
Ham & Pineapple
OR



Mediterranean Working Lunch

Continental Meat Platter / Italian Herb Roasted Chicken Fillets
Vegetarian Options:
Greek Feta & Spinach Filo Parcels / Broccoli Quiche
Roasted Vegetable Tortilla
Selection of 3 Salads
Example Salads- Greek – Cous Cous - Nicoise – Pesto Pasta
Tabbouleh - Chick Pea – Tomato & Mozzarella
OR

Lancashire Working Lunch

Lancashire Cheese / Honey Roast Ham
Port of Lancaster Smoked Fish
Pickles & Chutneys
Cherry Tomatoes & Celery Sticks
Granary Bread Basket

