**Burwell House Residential Meal Planner (September 2025 - April 2026)**

**SCHOOL: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ COURSE DATES:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Please complete and return this form by email 3 weeks before your course (burwell.house@cambridgeshire.gov.uk).** If it is not returned within this timescale, our kitchen team may have to choose on your behalf.

**If you are staying 2 nights, please select 3 lunches + 2 puddings (there will be tray bake for leaving day lunch) & 2 evening meals from the selection below.**

**For a 1 night stay please select 2 lunches +1 pudding & 1 evening meal**

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| Lunch | **Vegetarian/Vegan****option** | **Served with**(please select one option where options are given) | **Please select here** |
| **Cheese and tomato pizza**with potato wedges | Vegan pizza | Cherry tomatoes, carrot & cucumber batons(Lettuce will be available for those who want it) |  |
| **Sandwiches, sausage roll and crisps.**Selection of cheese, ham, tuna | Vegan cheese,vegetarian/vegan sausage roll | Cherry tomatoes, carrot & cucumber batons(Lettuce will be available for those who want it) |  |
| **Lasagne**with garlic bread | Vegetarian/vegan lasagne | Cherry tomatoes, carrot & cucumber batons(Lettuce will be available for those who want it) |  |
| **Southern fried chicken wraps** | Vegetarian/vegan chicken alternative | Cherry tomatoes, carrot & cucumber batons(Lettuce will be available for those who want it) |  |
| **Sausage and mash** | Vegetarian/vegan sausages | Mixed vegetablesand gravy |  | Baked beans |  |  |
| **Pudding** | **Served with** | **Please select here** |
| **Apple crumble** | Custard |  |
| **Sticky toffee pudding** | Custard |  |
| **Chocolate sponge** | Chocolate custard |  |
| **Jam sponge** | Custard |  |
| **Evening meal** | **Vegetarian/Vegan****option** | **Served with**(please select where options are given) | **Please select here** |
| **Chicken goujons**with potato wedges | Vegetarian/vegan chicken alternative | Mixed vegetables |  | Baked beans |  |  |
| **Fish fingers**with chips | Vegetarian/vegan chicken alternative | Mixed vegetables |  | Baked beans |  |  |
| **Macaroni cheese**with garlic bread | Vegan macaroni cheese | Cherry tomatoes, carrot & cucumber batons(Lettuce will be available for those who want it) |  |
| **Pasta and tomato pasta sauce**with garlic bread  |  | Cherry tomatoes, carrot & cucumber batons(Lettuce will be available for those who want it) |  |
| **Jacket Potatoes** Toppings include tuna, cheese, baked beans | Vegan cheese | Cherry tomatoes, carrot & cucumber batons(Lettuce will be available for those who want it) |  |
| **Jellies or tray bake cakes will be served for dessert after the evening meal** |

**Further Information**

**Breakfast**: This consists of sausage and beans, or bacon and spaghetti hoops, on alternate days (with dietary alternatives supplied as required) plus a selection of cereals with brown and white toast, jams and yoghurts. Fruit juice is served, and tea and coffee are available as required.

**Special dietary requirements:** Please see separate form below.

**Fresh, local, healthy food:** As much of our food as possible is homemade from fresh ingredients and local suppliers whenever possible.

**Refreshments & water bottles:** At a mid-morning break, we will supply pieces of fresh fruit (except on Day 1, when lunch is normally quite early) and for the mid-afternoon break we will provide a homemade baked item. Access to drinking water via the outdoor drinking tap is always available, and we strongly advise that children bring a water bottle so they can access their water easily during activities.

**Hot Chocolate:** We do not supply this, but if you wish to bring hot chocolate drinks for the evenings, access to hot water can be made possible. Please let the tutor know if you’d like this.

If you wish to discuss any aspect of the menu or dietary requirements, please phone and speak to our office or call Clare our Catering Manager on 01638 741256 and she will be happy to help with your enquiries.**Special Dietary Requirements**

**SCHOOL:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **DATE OF VISIT:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Burwell House is a NUT FREE SITE. We kindly request that visiting groups do not bring nuts or snacks which may contain nuts to the site.

If individuals have special dietary needs, we will cater for them with food as similar to the main meal as possible. We can cater for most special diets if given enough warning and information. If you have a participant with **any** special diet, please inform us of their requirements below.

\*Please note that all food is prepared in the same Kitchen. Burwell House has the Food Standards Agency highest rating for food safety and hygiene.

Please note, this sheet is for allergies, intolerances and special diets, not for items which course participants just don’t like to eat!

**Vegetarian:**  Please indicate if they will eat fish.

**Dairy or egg allergy:** Please indicate if they can or cannot eat small amounts in cakes, biscuits etc.

**Gluten free, wheat free**

**& dairy free diets:** Soya milk, dairy free spread and gluten free bread are provided. If course participants require any **other** specific items regarding their wheat free or dairy free diet, we require that their parents/guardians supply the children with their alternative breads, spreads and milks.

**Nut allergy:** Please indicate if you have anyone with a nut allergy but be assured that we do not use any products that contain nuts. Please also indicate if they can eat sesame seeds (on rolls etc).

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| **Name** | **Requirement/allergy/intolerance** **and severity (please specify)** | **Other information**  |
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Do you have any Birthdays during your visit? We can bake a cake for them. If you want us to do this please give details below (Name, date, age etc.)

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Will you have any extra staff/ visitors who will require a meal? If so, then please indicate for how many people, which meals will be required and any special dietary requirements.

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