



# MEAL PLAN FOR CAMPS

## WEEK 1

Arrival day <i>Sunday</i>	Day 2 <i>Monday</i>	Day 3 <i>Tuesday</i>	Day 4 <i>Wednesday</i>	Day 5 <i>Thursday</i>	Day 6 <i>Friday</i>	Day 7 <i>Saturday</i>
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
Extras	Scrambled eggs	Bacon strips	Cheese Fried eggs	Pancake	Bircher muesli	Ham
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
	Wiener schnitzel	Chicken breast	Sausages	Pizza	Chicken nuggets	Lunch package
	Mashed potatoes	Mushrooms	Rösti	Salad	French fries	
	Salad	Cauliflower	Salad		Salad	
		Salad	(special Swiss dish)			
<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
Spaghetti Bolognese	Salad	Fondue	Spaghetti Bolognese	Alpine Pasta	Barbecue	Tortilla with chilli
Meatballs		(special Swiss dish)	Dessert	Salad	Divers salads	
Salad				(special Swiss dish)	Dessert	
Dessert						

## WEEK 2

Arrival day <i>Sunday</i>	Day 2 <i>Monday</i>	Day 3 <i>Tuesday</i>	Day 4 <i>Wednesday</i>	Day 5 <i>Thursday</i>	Day 6 <i>Friday</i>	Day 7 <i>Saturday</i>
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
Brunch	Scrambled eggs	Bacon strips	Cheese Fried eggs	Pancake	Ham	Bircher muesli
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
	Chicken (in mustard sauce)	Hamburger	Baked pancakes	Meatballs	Risotto with veggies	Lunch package
	Rice	French Fries	Cheese / Ham	Broccoli / Potatoes	Salad	
	Vegetables	Salad	Salad	Salad		
	Salad		)			
<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
Spaghetti Bolognese	Pork cutlet	Lasagne	Spaghetti Carbonara	Raclette	Barbecue	
Meatballs	Spätzli	Salad	Salad	Salad	Divers salads	
Salad	Cauliflower		Dessert	(special Swiss dish)	Dessert	
Dessert	(special Swiss dish)					

Our buffet-style breakfasts consist of a range of cereals, yogurt, fresh fruit platters, eggs, toast, preserves, and fruit juices.

Lunches are either served in-house or taken as a packed lunch when out on an excursion. A typical friLingue packed lunch comprises a choice of freshly baked filled rolls, pasta or rice salad, a muesli or cake bar, fresh fruit, and for that little bit of indulgence, a chocolate bar. Our bread is bought on a daily basis from the nearby bakeries, which guarantee unparalleled taste & quality!

At every dinner, we provide at least two meal options, along with accompaniments and a salad bar to ensure optimum variety and choice. The week’s menu is displayed on the wall so that campers can discuss in advance with their group leaders if they are likely to prefer an alternative meal on any given day. Drawing on a range of world cuisines, it is our aim to encourage children to try new foods from countries other than their own, as well as providing some tried-and-tested favorites! We are always happy to provide, even at short notice, a selection of very simple meals for the fussy eaters amongst us, and these meals would include plain grilled chicken, pizzas, sandwiches, pasta with or without sauce, etc.

Take a look at the sample menu to see what your child can look forward to eating here at friLingue.

We value the social aspects of collective dining and campers are required to sit around the dining table in their groups at each in-house meal and food is table-served, encouraging sharing, conversation, and good table manners.

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