

# Mealtime etiquette & group domestic responsibilities at High Adventure

Can all staff try to ensure their groups follow this basic mealtime etiquette:

## Breakfast (8am)

- Lay tables at start of breakfast
- Stack plates and cutlery after breakfast
- Clear & wipe tables down
- Prepare your packed lunch for the day

## Lunchtime - packed lunch

Food materials for your packed lunches will be put out for you at breakfast, please remind your group that they only have the breakfast period in which to make their lunches.

## Tea (5:30pm)

- Lay tables at start of tea
- Stack plates and cutlery after tea
- Clear & wipe tables down
- **As a social courtesy to your own group members, can all the group remain seated at the tables until everyone has finished eating.**
- Please see High Adventure Menu for more information on "what's to eat" each night.

## Drinks Station - for Tea / Coffee

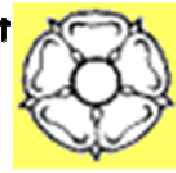
Tea and coffee is available throughout your stay at High Adventure but your group is responsible for ensuring all your cups and other utensils used to make your drinks are washed, dried up and placed back in the group kitchen. You need to ensure every member of your group have brought their own 'mug' with them for their stay (see kit list).

**Thank You**

(menu overleaf)

# High Adventure Menu

## Monday & Saturday - Northern Night



### Main Course

Locally produced bangers with reasties, seasonal vegetables and lashings of gravy!

### Dessert

Pudding and Custard  
Tuesday & Friday - Italian Night



### Main Course

Spaghetti Bolognese, Vegetables roasted in olive oil and balsamic vinegar, fresh salad and dressing.

### Dessert

Neapolitan Ice Cream  
Wednesday - British Night



### Main Course

Chicken casserole with new potatoes and baby carrots.

### Dessert

Fruit Salad  
Thursday - Mexican Night



### Main Course

Jacket potatoes with chilli or tuna filling, Mexican salad garnished with roast peppers in sweet chilli sauce and dressing.

### Dessert

Cactus Crumble (Apple & imagination) & Custard

Vegetarians: All meals come with a vegetarian alternative, on arrival the Group Leader must inform the kitchen of how many vegetarians you have. Special dietary requirements can also be catered for, therefore should you have any celiacs, diabetics or others within your group that need a special diet then please just let us know & we will ensure their needs are met.

High Adventure OEC strives to ensure that all meals are 'healthy'. We do not cater for those that wish to dine on chips & burgers as this is not compatible with the life style & education we are trying to instil in our groups. Please consider our menu policy before booking as we consider this to be very important & will not be tailoring this to suit those that seek to eat unhealthily.