

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Lunch</b></p> <p>Sicilian spaghetti</p> <p>Greek salad</p> <p>Green salad</p> <p>Choice of cheese and biscuits</p> <p>Selection of fresh and dried fruit</p>	<p><b>Lunch</b></p> <p>Smoked salmon and asparagus</p> <p>Green bean salad</p> <p>Coleslaw</p> <p>Choice of cheese and biscuits</p> <p>Selection of fresh and dried fruit</p>	<p>Lunch out</p>	<p><b>Lunch</b></p> <p>Carrot soup with croutons</p> <p>Stuffed avocado</p> <p>Tomato salad</p> <p>Choice of cheese and biscuits</p> <p>Selection of fresh and dried fruit</p>	<p><b>Lunch</b></p> <p>Shepherd's pie</p> <p>Garlic bread</p> <p>Chutney</p> <p>Green salad</p> <p>Selection of fresh and dried fruit</p>
<p><b>Dinner</b></p> <p>Chill and garlic beef stir fry</p> <p>White rice</p> <p>Broccoli</p> <p>French beans</p> <p>Apple crumble and custard</p>	<p><b>Dinner</b></p> <p>Chicken and mango lamb burgers</p> <p>Chilli corncobs</p> <p>Roast tomatoes</p> <p>Bombay potatoes</p> <p>Lemon and coriander yoghurt</p> <p>Summer pudding and cream</p>	<p><b>Dinner</b></p> <p>Grilled halibut with lemon and thyme dressing</p> <p>Saffron risotto</p> <p>Courgettes</p> <p>Spinach</p> <p>Carrots</p> <p>Orange polenta cake</p> <p>Ice cream</p>	<p><b>Dinner</b></p> <p>Roast lamb</p> <p>Boulangère mushroom potatoes</p> <p>Carrots</p> <p>Cabbage</p> <p>Tiramisu</p>	<p><b>Dinner</b></p> <p>Private arrangement</p> <p>(Choice of local pubs and restaurants)</p> <p><b><u>Weekend arrangements:</u></b></p> <p>Self service breakfast (cereals, toast and coffee available in the conference room.)</p> <p>Sunday lunch (paid for by LEC) available at the Powis Arms</p>