



MEAL PLAN FOR CAMPS

WEEK 1

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

WEEK 2

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

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.