

# Haileybury Meals



Meals at Haileybury are varied and of good quality. Students are encouraged to try traditional English foods, though burgers and pizzas are inevitably included in the menus. We aim to give a healthy, balanced diet and, over the years, have established menus which provide this and are still attractive to teenagers. The chefs at Haileybury are inventive and committed to providing an excellent service. They want the students to eat and enjoy their dishes.

## 1. Breakfast

There is a cooked English breakfast offered most days - a choice of bacon, eggs, sausages, beans or tomatoes – and pancakes or pastries on the other mornings. In addition there is a cereal bar with a choice of 3 cereals, toast with jam and butter, yoghurt and fresh fruit. Students can help themselves to these as well as to hot chocolate, coffee, tea or juice.

## 2. Lunch

Lunch is the main meal of the day. There is a choice of at least 2 hot main courses with a vegetarian option. These are served with vegetables and potatoes or rice. There is also a salad bar offering a range of salads, home made bread and a pasta bar with a choice of 3 sauces. Then there is a choice of traditional dessert or fruit.



## 3. Dinner

A very similar range of meals is offered to those at lunchtime. Again, there are at least 2 or 3 hot meals with a vegetarian option, dessert or fresh fruit. There is also home made soup and bread.

## 4. Supper

A light supper is available in the boarding houses each evening. It usually consists of toast with butter and jam and a drink of squash or hot chocolate. This is organised by the leaders and ISC staff who ensure the students leave the kitchens clean and tidy.

## 5. Packed lunches

These are provided on all full-day excursions, two or three times during the course. They include sandwiches, fruit, crisps, chocolate biscuit and a drink. At least once during the course, students go to McDonalds or similar, instead of having a packed meal.