



MEALS AT THE INTERNATIONAL SUMMER CAMP

Fish options

1. Cod fillet with vegetable rice
2. Jacket potato with cheese tuna and sweetcorn
3. Cod fillet in the oven with potatoes and vegetables
4. Fish fingers with vegetable rice and salad or with chips and salad.
5. Fish scampi with rice and vegetables

Chicken options

1. Chicken nuggets with chips
2. Chicken burger with vegetables and rice
3. Roast chicken with potatoes
4. Chicken souvlaki in pitta bread with chips and salad (Traditional Cypriot!)
5. Stewed peas with chicken in the oven

Vegetable options

1. Spinach with rice
2. Creamy vegetable soup
3. Creamy mushroom soup
4. Lentil soup
5. Stewed beans with potatoes and carrots
6. Fresh vegetables and potatoes in the oven and rice / chips
7. Omelet with ham and vegetables
8. Scrambled eggs with ham and vegetables



Pasta options

1. Penne Carbonara with cheese
2. Ravioli pasta with halloumi cheese
3. Pasta with mincemeat or cheese
6. Pasta in the oven (pastitsio) with salad (Traditional Cypriot!)
4. Spaghetti Bolognese
5. Orzo pasta with pork mince meat
6. Penne pasta with vegetables
7. Lazagna with salad

Beef and pork options

1. Pork souvlaki in pitta bread with chips (Traditional Cypriot!)
2. Gemista koupepia – Vegetables filled with pork mince (Traditional Cypriot!)
3. Pork chop with mashed potato and salad
4. Lazagna with salad
5. Homemade beef burger in a bun with chips
6. Pork roll (filled with eggs) and chips
7. Meatballs with chips and salad
8. Meatballs with bulgur wheat and salad
9. Pork fillet with mashed potato
10. Beef soup with vegetables

Various other options

1. Egg fried rice with vegetables and yogurt
2. Homemade pizza (with vegetables and meat)

NOTES

**Vegetarian, vegan, gluten free options available upon request in advance.*

**For any food allergies or intolerances please inform in advance.*

