

The majority of host families will eat between 17:00-18:30. Please communicate dinner times to the students so that they are home in time.

What's on the menu?

One of the biggest differences to their homes students describe is the food. English cuisine can be a bit rich and a bit 'dry' for students. Some are more adventurous in tasting different cuisines than others so it is always best to start their stay with something simple and quick for preparation. We have created a sample menu with several suggestions, based on feedback students provided us with. We hope this helps.

It is sad how many packed lunches do end up in the bin. We strongly advise to discuss the likes and dislikes with your students before wasting good food and your efforts. Our sample menu gives some suggestions for packed lunch items too.



Menu Suggestions

Breakfast

Cereals with milk, toast with jam or chocolate spread, glass of juice, squash or a warm drink

Croissants or other pastries, glass of juice, squash or a warm drink

Fruit loaf with butter and jam, glass of juice, squash or a warm drink

Crumpets with butter, marmite or chocolate spread, glass or juice, squash or a warm drink

Waffles or pancakes with jam or chocolate spread, glass or juice, squash or a warm drink

Packed lunch (always include a minimum of 5 fresh in-date items)

Bread rolls (2x) with a **generous filling**, piece of fruit, chocolate bar, pack of crisps, drink

Sandwiches (4 slices = 2 rounds) with a **generous filling**, piece of fruit, muffin, popcorn, drink

Cheese and onion pastry, piece of fruit, fruit tart, pack of crisps, drink

Wraps with ham or tuna and salad, piece of fruit, chocolate bar, yoghurt, drink

Baguette with cream cheese and vegetables or ham, piece of fruit, biscuits, cheese puffs or tortillas, drink

Filling suggestions:-

ham / cheese / tuna / cream cheese and salad / chicken / cheese and tomato

Dinner (please always offer a pudding)

Pasta bake, garlic bread, salad or cooked vegetables, squash or water, ice cream

Jacket potato with butter, beans and cheese, salad or cooked vegetables, squash or water, chocolate mousse

Pizza with chips and salad or cooked vegetables, squash or water, yoghurt

Spaghetti Bolognese, salad or cooked vegetables, squash or water, pie with custard

Chicken nuggets and rice, salad or cooked vegetables, squash or water, ice lollies

Stir fry with meat or vegetables, squash or water, a slice of cake

Risotto with meat or vegetables and cheese, squash or water, ice cream

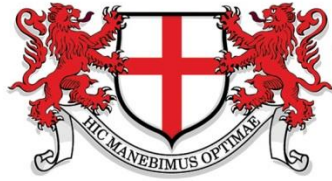
Quiche, jacket potato, salad, squash or water, mousse

Lasagne, vegetables, squash or water, fruit salad with ice cream

Fish and chips, peas, squash or water, custard with biscuits

Steak pie, mashed potato, cooked vegetables, squash or water, a slice of pie

*Special dietary requirements – if you are hosting a student with special dietary requirements and need advice, please contact the school.



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