JMCC MEAL TIMES

<table>
<thead>
<tr>
<th>Meal</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td>0730-1000</td>
</tr>
<tr>
<td>Lunch</td>
<td>1230-1330</td>
</tr>
<tr>
<td>Dinner</td>
<td>1800 - 2000</td>
</tr>
</tbody>
</table>

Edinburgh First Breakfast Menu

Guests staying with Edinburgh First can look forward to a high quality full Scottish breakfast served in the John McIntyre centre on the Pollock Halls of Residence site. The breakfast options are detailed below.

Selection of Cereals
With Semi Skimmed or Soya Milk

Cooked Options
A choice of Bacon, Pork and Beef Sausages, Lorne Sausages, Black Pudding, Haggis, Grilled Tomatoes, Mushrooms, Baked Beans, Vegetarian Sausage, Vegetarian Haggis, Scrambled Eggs, Fried Eggs, Hash Browns, Grilled Kippers

Pasta Options
Pasta and sauce are available if required

Fruits and Healthy Options
Grapefruit Segments, Natural Yoghurt, Fruits of the Forest Mix, Prunes, a selection of Fresh Fruit

Selection of Bread Products
Toast on white or brown bread, Morning rolls, Wheat Rolls, Pancakes, Bagels, Potato Scones *(Wheat free bread options are available on request)*

Beverages
Guests can choose from a selection of fruit juices and tea/coffee *(all drinks products are from fair trade suppliers)*

Special dietary requirements:
We are always happy to help with any dietary requirements, please inform us in advance of arrival if any guests have particularly specialised needs.
Sample Lunch Menus

The following two examples illustrate the types of lunch options available with Edinburgh First.

Sample Menu 1:

Starters
Scotch Broth, Melon Balls in Ginger Syrup, Oriental Dim Sum

Main Course
Chicken Lasagne or Vegetable Stir-Fry
with Boiled Potatoes, Ratatouille, Baton Carrots

Snack Bar Options
Assorted Pizza, Pasta Basilica
with Garlic Bread, French Fries, Baked Potatoes

Salads
Assorted Salads available

Desserts
Water Melon, Strawberries, Fresh Fruit Selection, Assorted Cold Sweets
Fruit Coulis with a Cream Chocolate Sauce

Sample Menu 2:

Starters
Lentil Soup, Seafood Cocktail, Crispy Smoked Cheese with Apple and Mango Coulis

Main Course
Poached Haddock in a Lemon Pepper Dressing or Vegetable Mousakka
with Sautéed Potatoes, Garden Peas, Sweetcorn

Snack Bar Options
Assorted Pizza, Pasta Pomodoro
with Garlic Bread, French Fries, Baked Potatoes

Salads
Assorted Salads available

Desserts
Water Melon, Strawberries, Fresh Fruit Selection, Assorted Cold Sweets
Fruit Coulis with a Cream Chocolate Sauce
Sample Dinner Menus

The following two examples illustrate the types of dinner options available with Edinburgh First.

Sample Menu 1:

Starters
Broccoli and Stilton Soup, Chicken Shavings in a Pesto Sauce, Breaded Mushrooms in Garlic Mayonnaise

Main Course
Roast Pork in Apple Sauce or Salmon Fillet in a Dill Sauce or Mushroom Risotto with Duchess Potatoes, Green Beans, Cauliflower Cheese

Snack Bar Options
Assorted Pizza, Pasta Basilica with Garlic Bread, French Fries, Baked Potatoes

Salad Bar
Assorted Salads available

Desserts
Water Melon, Strawberries, Fresh Fruit Selection, Assorted Cold Sweets Fruit Coulis with a Cream Chocolate Sauce

Sample Menu 2:

Starters
French Onion Soup, Chicken Wings in Barbecue Sauce, Tomato Americana

Main Course
Chicken Breasts in Pepperonata or Baked Cod in a Lemon Herb Dressing or Mushroom Stroganoff with Rice with Garlic and Herb Potatoes, Courgette Provenca, Baby Sweetcorn

Snack Bar Options
Assorted Pizza, Pasta Milano Mushroom with Garlic Bread, French Fries, Baked Potatoes

Salad Bar
Assorted Salads available

Desserts
Water Melon, Strawberries, Fresh Fruit Selection, Assorted cold sweets Fruit Coulis with a Cream Chocolate Sauce