

JMCC MEAL TIMES

Breakfast	0730-1000
Lunch	1230-1330
Dinner	1800 - 2000

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

Salad Bar

Assorted Salads available

Desserts

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

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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

Salad Bar

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

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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 Provençal, 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