



MEALS

Students at LAL New York will be provided with three meals per day:

Breakfast

A self-service, buffet-style selection of hot and cold foods* including:

- Tea or coffee
- Fruit juices & soda machine
- Milk
- Yoghurt
- Cereals (hot & cold)
- Cooked meat (pork or turkey bacon and sausage)
- Bread rolls or toast
- Jams or marmalade
- Fresh fruit

*Except for packed breakfast which, when required, consists of a plain bagel (not toasted), cream cheese, a piece of fruit, water and a muffin.

Lunch & Dinner

A self-service, buffet-style selection of hot and cold foods* including:

- Tea or coffee
- Fruit juices & soda machine
- Milk
- Yoghurt
- Fresh fruit
- The Grill: hot dogs, burgers and grilled cheese
- Pizza Bar
- Soup du Jour: Chicken Noodle, Minestrone or Clam Chowder
- Dessert Station: cookies, muffins, Jell-O and pastries

*Except for packed lunch/dinner which, when required, consists of a turkey/ham and cheese sandwich, a piece of fruit, chips and water.

Off-campus Meal

LAL New York offers one off-campus meal per week at one of the following restaurants:

- Hard Rock Café (included for all students)
- Planet Hollywood (included for all students)
- Bubba Gump Shrimp (included for all 3 & 4 week students)
- Dallas BBQ (included for all 4 week students)

Each off-campus meal includes:

- A choice of entrée (at least three choices)
- Dessert (one choice)
- Tea, coffee or soft drink

For details of when the off-campus meal is scheduled please see the LAL New York timetable.

LAL reserves the right to provide a pre-paid credit or money in-lieu of providing either a packed breakfast, lunch or dinner.

SAMPLE MENU

	WED	THU	FRI	SAT	SUN	MON	TUE
BREAKFAST	Pancakes Egg & Cheese Croissant Scrambled Eggs Turkey Bacon Pork Sausage Patty Hash Brown Patty	French Toast Egg & Cheese Biscuit Scrambled Eggs Bacon Turkey Sausage Links Hash Browns	Cinnamon French Toast Sausage Egg & Cheese Muffin Scrambled Eggs Turkey Bacon Pork Sausage Links Hash Browns	Oatmeal Blueberry Pancakes Sausage & French Toast Sandwich Scrambled Eggs Bacon Turkey Sausage Patty Home Style Fries	French Toast Egg & Cheese Bagel Scrambled Eggs Turkey Bacon Pork Sausage Patty Home Style Fries	Pancakes Egg & Cheese Croissant Scrambled Eggs Turkey Bacon Pork Sausage Patty Hash Brown Patty	French Toast Egg & Cheese Biscuit Scrambled Eggs Bacon Turkey Sausage Link Hash Browns
	Yoghurt, Fresh Fruit, Granola, Pastries, Cereal Bar						
LUNCH	Sandwich Bar: Bread, Meat & Vegetables				Packed Lunch: Sandwich Fruit Chips Cookie Water or money	Sandwich Bar: Bread, Meat & Vegetables	
	Selection of Pizzas (Meat & Vegetable)					Selection of Pizzas (Meat & Vegetable)	
	Pasta Bar					Pasta Bar	
	Selection of Soup					Selection of Soup	
	Pasta with Broccoli & Ricotta	Fish Fillet Jerk Chicken	Jambalaya	Beef Macaroni Bake		Mesquite Chicken	Mac & Cheese
Pulled Pork Sandwich	General Tso's Tofu	Shrimp Alfredo	Barbecue Tofu	Chicken Sandwich	Barbecue Tofu		
Fresh Fruit & Desserts							
DINNER	Sandwich Bar: Bread, Meat & Vegetables				Hard Rock Café or Planet Hollywood	Sandwich Bar	
	Selection of Pizzas (Meat & Vegetable)					Selection of Pizzas	
	Pasta Bar					Pasta Bar	
	Selection of Soup					Selection of Soup	
	Barbecue Chicken	Carne Asada	Barbecue Turkey	Shrimp & Grits		Crusted Chicken	Chicken Drumsticks
	Pasta Alfredo	Sweet & Sour Stir Fry	Sloppy Joe Sandwich	Teriyaki Noodles		Vegetable Fajita	Calabacitas
	Asian Sandwich	Jambalaya	Turkey Burger	Aloo Gobi		Mac & Cheese	Vegetable Stir Fry
	Greek Meatball Melt	French Dip	Pork Chops	Buffalo Chicken Melt		Fish Sandwich	Penne & Sausage
Jerk Chicken					Chicken Biscuit		
Fresh Fruit & Desserts							

Please note that this is a sample menu and is subject to change.