

MY CLEVER CUISINE FOOD DIARY

MONDAY

Homemade smoothie.

BREAKFAST

Butternut Squash, Beetroot and Chickpea Tagine!

RECOMMENDATION OF THE DAY

Dish: Hasselback Baked Potato with grated cheese.

Venue: Park Eat.

Price: £5.25.

Feedback: A nice lunch.

LUNCH

Dish: Butternut Squash, Beetroot, and Chickpea Tagine seasoned with Thyme, Cumin, Cinnamon, Mint, Coriander, Turmeric, Sultanas, and Apricots.

Venue: Park Eat.

Price: £5.25.

Feedback: Very tasty dinner, would buy again!

DINNER

SNACKS



Apple slices with peanut butter.



Coffee.



ABOUT ME

NAME: Lucy Hollens.

YEAR: Second Year.

HALL I PREVIOUSLY LIVED IN :

Stenton Hall.



MY CLEVER CUISINE FOOD DIARY

TUESDAY

Coffee and fruit.

BREAKFAST

Lamb Chops!

RECOMMENDATION OF THE DAY

Dish: Pork & Beef Chilli Meatballs with Chipotle and Tomato Sauce with wholemeal spaghetti.

Venue: Park Eat.

Price: £5.25.

Feedback: Really yummy meatballs.

LUNCH

Dish: Lamb Chops (Tender, seared, rosemary crusted lamb chops, with spiced wedges).

Venue: Park Eat.

Price: £7.50.

Feedback: Really nice dinner, thoroughly enjoyed it!

DINNER

SNACKS

 Hummus chips from Park Market- £1.79.



MY FAVOURITE PIZZA AT PARK EAT IS...

Margherita.

BECAUSE...

It tastes authentic and it's always cooked very well!

MY CLEVER CUISINE FOOD DIARY

WEDNESDAY

Homemade yogurt and granola.

BREAKFAST

BBQ Pulled Pork Ciabatta.

RECOMMENDATION OF THE DAY

Dish: Bratwurst in Brioche with curried onions (served in a finger roll), with charred corn.

Venue: Park Eat.

Price: £5.25.

Feedback: Tasty lunch.

LUNCH

Dish: BBQ Pulled Pork Ciabatta (Smokehouse BBQ pulled Pork in a crusty ciabatta with house slaw and lettuce), with chimichurri corn on the cob.

Venue: Park Eat.

Price: £5.25.

Feedback: Yummy dinner, would buy again.

DINNER

SNACKS

 Crisps.

 Strawberries.



MY FAVOURITE CLEVER CUISINE MEAL IS...

This week it's BBQ Pulled Pork Ciabatta.

BECAUSE...

It was very yummy, and had a summer feel to it!

MY CLEVER CUISINE FOOD DIARY

THURSDAY

Homemade smoothie.

BREAKFAST

Beef Lasagna.

RECOMMENDATION OF THE DAY

Dish: Beef Lasagna (Rich and Creamy Homemade Italian Beef Lasagna), with Ciabatta Garlic Bread.

Venue: Park Eat.

Price: £5.25.

Feedback: I thoroughly enjoyed this lunch. I would buy it again!

LUNCH

Dish: Homemade salmon salad.

Note: Made at home.

DINNER

SNACKS

 Apple slices with peanut butter.

 Banana.



MY FAVOURITE MARKET PLACE SNACK IS...

Hummus chips or fresh bakery items.

BECAUSE...

I wouldn't normally buy hummus chips in a supermarket so it's a really nice change from crisps and a healthy alternative.



MY CLEVER CUISINE FOOD DIARY

FRIDAY

Homemade yogurt and fruit.

BREAKFAST

Chicken Caesar Salad with Poached Egg.

RECOMMENDATION OF THE DAY

Dish: Chicken Caesar Salad with Poached Egg.

Venue: Park Eat.

Price: £6.95.

Feedback: Yummy salad, nice and light!

LUNCH

Dish: Rump Steak (Farm to Fork, Perfectly Cooked Rump Steak) with potato wedges.

Venue: Park Eat.

Price: £7.50.

Feedback: A really nice flavour.

DINNER

SNACKS



Yogurt.



Chocolate.



THREE BENEFITS OF LIVING IN CATERED ACCOMMODATION...

1

Wide range of meals available.

2

More nutrition due to range of meals.

3

Don't have to cook! More time!



MY CLEVER CUISINE FOOD DIARY

SATURDAY

Homemade scrambled eggs on toast.

BREAKFAST

Margherita Pizza.

RECOMMENDATION OF THE DAY

Dish: Margherita Pizza.

Venue: Park Eat.

Price: £6.00.

Feedback: Best pizza at Park Eat!

LUNCH

Dish: Left over Margherita Pizza (reheated at home).

DINNER

SNACKS

 Yogurt.



MY FAVOURITE
CUISINE ACROSS THE
RESTAURANTS IS...

Pizza!

BECAUSE...

Park Eat definitely has some
of the best pizza in Reading!

MY CLEVER CUISINE FOOD DIARY

SUNDAY

Homemade honey on toast.

BREAKFAST

Pesto from Park Market.

RECOMMENDATION OF THE DAY

Dish: Homemade pesto pasta with spaghetti.

Note: Pesto bought from Park Market.

Feedback: Very nice pesto.

LUNCH

Dish: Pork & Chorizo Meatballs with Chipotle Sauce (Spanish Pork, Chorizo and Mushroom Meatballs in a BBQ Chipotle Sauce).

Venue: Park Eat.

Price: £6.95.

Feedback: Tasty, very similar to Tuesday Lunch.

DINNER

SNACKS



Popcorn.



I WOULD RECOMMEND CATERED ACCOMMODATION BECAUSE...

There's a good choice of options. There really is something for everyone and the food always tastes really nice!

You also don't have to cook which saves a lot of time- what more could you want!

