

Please write the name of the cadet on EACH day as these labels will be cut up and attached to bags!  
 Many thanks.

Return completed forms by **Thursday 12th July** to [grub@thesyc.co.uk](mailto:grub@thesyc.co.uk) or post to  
 The SYC Clubhouse, Kippford, Dalbeattie, DG5 4LL  
 Payments can be made to [paypal@theSYC.co.uk](mailto:paypal@theSYC.co.uk) or by cheque to the above address.

**SATURDAY - LUNCH**

NAME.....

Hot bacon in a roll	<input type="checkbox"/>	tick one
Hot sausage in a roll	<input type="checkbox"/>	
Cheese roll	<input type="checkbox"/>	
Ham roll	<input type="checkbox"/>	
Jam roll	<input type="checkbox"/>	
Plain roll	<input type="checkbox"/>	
	<input type="checkbox"/>	tick one
Orange juice carton	<input type="checkbox"/>	
Apple juice carton	<input type="checkbox"/>	
Bottled water	<input type="checkbox"/>	
I will use my own drink bottle. (free top ups of water / squash)	<input type="checkbox"/>	tick one
	<input type="checkbox"/>	
Apple	<input type="checkbox"/>	
Banana	<input type="checkbox"/>	tick one

All bags will contain crisps and a chocolate bar / biscuit.

**SUNDAY - LUNCH**

NAME.....

Hot bacon in a roll	<input type="checkbox"/>	tick one
Hot sausage in a roll	<input type="checkbox"/>	
Cheese roll	<input type="checkbox"/>	
Ham roll	<input type="checkbox"/>	
Jam roll	<input type="checkbox"/>	
Plain roll	<input type="checkbox"/>	
	<input type="checkbox"/>	tick one
Orange juice carton	<input type="checkbox"/>	
Apple juice carton	<input type="checkbox"/>	
Bottled water	<input type="checkbox"/>	
I will use my own drink bottle. (free top ups of water / squash)	<input type="checkbox"/>	tick one
	<input type="checkbox"/>	
Apple	<input type="checkbox"/>	
Banana	<input type="checkbox"/>	tick one

All bags will contain crisps and a chocolate bar / biscuit.

**MONDAY - LUNCH**

NAME.....

Hot bacon in a roll	<input type="checkbox"/>	tick one
Hot sausage in a roll	<input type="checkbox"/>	
Cheese roll	<input type="checkbox"/>	
Ham roll	<input type="checkbox"/>	
Jam roll	<input type="checkbox"/>	
Plain roll	<input type="checkbox"/>	
	<input type="checkbox"/>	tick one
Orange juice carton	<input type="checkbox"/>	
Apple juice carton	<input type="checkbox"/>	
Bottled water	<input type="checkbox"/>	
I will use my own drink bottle. (free top ups of water / squash)	<input type="checkbox"/>	tick one
	<input type="checkbox"/>	
Apple	<input type="checkbox"/>	
Banana	<input type="checkbox"/>	tick one

All bags will contain crisps and a chocolate bar / biscuit.

**TUESDAY - LUNCH**

NAME.....

Hot bacon in a roll	<input type="checkbox"/>	tick one
Hot sausage in a roll	<input type="checkbox"/>	
Cheese roll	<input type="checkbox"/>	
Ham roll	<input type="checkbox"/>	
Jam roll	<input type="checkbox"/>	
Plain roll	<input type="checkbox"/>	
	<input type="checkbox"/>	tick one
Orange juice carton	<input type="checkbox"/>	
Apple juice carton	<input type="checkbox"/>	
Bottled water	<input type="checkbox"/>	
I will use my own drink bottle. (free top ups of water / squash)	<input type="checkbox"/>	tick one
	<input type="checkbox"/>	
Apple	<input type="checkbox"/>	
Banana	<input type="checkbox"/>	tick one

All bags will contain crisps and a chocolate bar / biscuit.

**WEDNESDAY - LUNCH**

NAME.....

Hot bacon in a roll	<input type="checkbox"/>	tick one
Hot sausage in a roll	<input type="checkbox"/>	
Cheese roll	<input type="checkbox"/>	
Ham roll	<input type="checkbox"/>	
Jam roll	<input type="checkbox"/>	
Plain roll	<input type="checkbox"/>	
	<input type="checkbox"/>	tick one
Orange juice carton	<input type="checkbox"/>	
Apple juice carton	<input type="checkbox"/>	
Bottled water	<input type="checkbox"/>	
I will use my own drink bottle. (free top ups of water / squash)	<input type="checkbox"/>	tick one
	<input type="checkbox"/>	
Apple	<input type="checkbox"/>	
Banana	<input type="checkbox"/>	tick one

All bags will contain crisps and a chocolate bar / biscuit.

**MONDAY CADET DINNER**

NAME.....

<b>Starter</b>	<input type="checkbox"/>	tick one
Pate with melba toast	<input type="checkbox"/>	
Melon	<input type="checkbox"/>	
	<input type="checkbox"/>	tick one
<b>Main</b>	<input type="checkbox"/>	
Ham cooked in coke and roasted with honey	<input type="checkbox"/>	
Vegetarian lasagne	<input type="checkbox"/>	
<b>Both served with roast potatoes and seasonal veg</b>	<input type="checkbox"/>	tick one
	<input type="checkbox"/>	
	<input type="checkbox"/>	
<b>Dessert</b>	<input type="checkbox"/>	tick one
Chocolate brownie - with cream or ice-cream	<input type="checkbox"/>	
Fruit - with cream or ice-cream	<input type="checkbox"/>	