

# Conference & Meetings at RAF Museum Midlands

## INCLUDES

- Room Hire for the best suited events space\*
- Complimentary onsite parking for all delegates
- Warm Welcome Registration – Awaiting your arrival, freshly brewed Blend 53 Coffee & herbal teas served with a variety of breakfast options
- Lunch – Relax and recharge with a lunch of your own creation, including freshly made sandwiches and salads from our 'Ways to be Well' health and wellness programme
- Afternoon Refreshments – Freshly brewed Blend 53 coffee & Herbal teas with a sweet treat.
- Bottled still and sparkling water throughout the day
- Admission into the museum during opening hours with 20% Shop Discount
- Complimentary Wi-Fi to all
- HD Data Projector, screen and PA System\*\*
- Lectern and Lapel Microphones\*\* as above (PA System)
- Pens and Paper (if required)
- Reduced Rates on the 4D Experience and Simulator
- Venue Management Support

Day Delegate Rates from  
**£35.00pp** plus VAT



For more information, email  
**Events-cosford@rafmuseum.org**  
or call **01902 376207**

Terms and conditions, and minimum numbers apply \*Additional charges may be added if you require additional furniture

\*\*This is only included if your conference or event is held in the Conference Room or Lecture Theatre

# WORKING LUNCH

## Delegate Package

### REGISTRATION

Freshly brewed Restaurant Associates 'Blend 53' filter coffee and a selection of Fairtrade tea and herbal infusions served with a freshly baked croissant and fruit preserves 670Kcal

### LUNCH MENU

A selection of freshly made sandwiches, sourdough baguettes and tortilla wraps, served with a selection of savoury and sweet items all chosen by you. Lunch is served with a combination of fruit infused water and mineral water.

#### Tortilla Wraps – Choose 1

- Avocado, Carrot & Hummus Wrap **V** 153Kcal
- Chicken Caesar Wrap 280Kcal
- Falafel & Beetroot Wrap **V** 148Kcal

#### Sourdough Baguettes – Choose 1

- Double Egg mayo & watercress **V** 216Kcal
- Cheese, red onion & pickle **V** 211Kcal
- Chicken, avocado & rocket 269Kcal

#### Sandwiches – Choose 2

- Egg mayo & mustard cress on wholemeal bread **V** 232Kcal
- Tuna mayo & rocket on white bread 192Kcal
- Cheese ploughman's on granary bread **V** 231Kcal
- Chicken & sweetcorn mayonnaise on wholemeal bread 240Kcal
- Coronation chicken & rocket on white bread 170Kcal

Please select 3 items from the below to be served with your sandwich platters, for all you delegates

#### Savoury Items

- Pork & Cumberland Sausage Roll 202Kcal
- Chorizo Sausage Roll 332Kcal
- Scotch Egg 173Kcal
- Broccoli & Parmesan tart **V** 364Kcal
- Cherry Tomato & Red Onion Puff Pastry **V** 204Kcal
- Baharat Cauliflower & Aubergine Skewers **V** 45Kcal
- Welsh rarebit **V** 252Kcal
- Harissa Chicken Skewer 128Kcal

#### Sweet Items

- Lemon Posset Jar 323Kcal
- Eton Mess Shot 390Kcal
- Chocolate Brownie 416Kcal
- Espresso Chocolate Mousse 364Kcal
- Strawberry Pannacotta Jar 293Kcal

### AFTERNOON BREAK

Freshly brewed Restaurant Associates 'Blend 53' filter coffee and a selection of Fairtrade tea and herbal infusions served with chocolate cookies 463Kcal

Bottled water is served throughout the day.

Calorie information is per 100g of each item  
Adults need around 2000Kcal per day

# WORKING LUNCH

## Delegate Package

Ways to be well is an evidence-based health and wellness programme. Our approach focuses on the core principals to help people to be 'nutritionally well', 'mentally and physical well' and 'responsibly well' in the belief that wellness in the 21st century means working and living in ways that are better for our bodies, our minds, and our planet.

Our carefully crafted menus include breakfast, snacks, lunch, and beverages to allow you to enjoy nutritionally designed and analysed to help you make informed choices.

The menus included in these packages focus on wholefoods. Those that are best for us are those that are close to their natural state and have not been modified by industrial processes. Our nutritionally analysed menus focus on seasonal fresh fruits and vegetables, pulses, nuts, seeds and moderate amounts of meat and sustainable fish.'

## REGISTRATION

Freshly brewed Restaurant Associates 'Blend 53' filter coffee and a selection of Fairtrade tea and herbal infusions served with granola bites 403Kcal

## LUNCH MENU

A selection of freshly made sandwiches served with a salad and sweet item all chosen by you. Lunch is served with a combination of fruit infused water and mineral water.

### Sandwiches – Choose 3

- Coronation Cauliflower **V** 142Kcal
- Split Pea Hummus, Beetroot, Pear **V** 150Kcal
- Bashed Chickpeas, Pickled Red Onions, Rocket **V** 188Kcal
- Beetroot Hummus, Roasted Onions, Pickled Cabbage **V** 120Kcal
- Bashed Avocado, Toasted Seeds, Watercress **V** 190Kcal
- Chicken, Bashed Roasted Carrots, Garlic **V** 137Kcal
- Curried Egg, Toasted Seeds, Green Herbs **V** 134Kcal
- Carrot Hummus, Roast Beets, Spring Onions **V** 180Kcal
- Roasted Beets & Spring Onions **V** 43Kcal
- Chicken, Sprouted Seeds, Pesto, Spicy Pumpkin 203Kcal

### Salads – Choose 1

- Carrot, Cabbage, Ginger & Chili Salad **V** 57Kcal
- Smoked Quinoa with Kimchi & Green Herbs **V** 68Kcal
- Peppery Leaves with Tamari Pumpkin Seeds **V** 76Kcal
- Spelt, English lentil, Celeriac & Pears **V** 79Kcal

### Sweet Items – Choose 1

- Roast Apples & Pears with Yoghurt 65Kcal
- Fruit & Veg & Mix Seed Salad 139Kcal
- Wholegrain Pancakes with Fruit & Honey 196Kcal
- Mixed Fruit Compote with Cashew Cream 55Kcal

## AFTERNOON BREAK

Freshly brewed Restaurant Associates 'Blend 53' filter coffee and a selection of Fairtrade tea and herbal infusions served with date and coconut biscuits 383Kcal

Bottled still and sparkling water throughout the day

Calorie information is per 100g of each item.  
Adults need around 2000Kcal per day

# HOT LUNCH

Delegate Package

**£45.00**  
PER PERSON  
PLUS VAT

## REGISTRATION & BREAKFAST

Freshly brewed Restaurant Associates 'Blend 53' filter coffee and a selection of Fairtrade tea and herbal infusions served with the choice of;

Overnight English Muesli with Toasted Seeds **V** 156Kcal  
Spicy, Beany Shashuka & Sourdough **V** 102Kcal  
Eggs, Spicy Kraut & Sourdough **V** 162Kcal

## MID - MORNING BREAK

Freshly brewed Restaurant Associates 'Blend 53' filter coffee and a selection of Fairtrade tea and herbal infusions served with an Almond, Pear & Cacao Smoothie 194Kcal or Berry & Beetroot Thickie 31Kcal

## LUNCH MENU

Please select 2 hot dishes from the below list, 1 accompany side or salad and 1 sweet item for all your delegates.

### Hot Dishes

Beetroot, Bean & Pumpkin Seed Curry **V** 95Kcal  
Chickpeas with Spinach, Cumin & Tomato **V** 77Kcal  
Chunky Beef Chilli 98Kcal  
Curried Parsnips, Potato & Chard **V** 67Kcal  
Lamb Tagine 79Kcal  
Mushroom & Celeriac Stew **V** 108Kcal  
Squash & Chickpea Stew **V** 65Kcal  
Pork shoulder, Cider, Roast Apple & Celeriac Stew 98Kcal  
'Ways to Well' Kedgeree 85Kcal

### Sides & Salads

Carrots, Beets & Spring Onion Side **V** 204Kcal  
Carrot, Cabbage, Ginger & Chili Salad **V** 57Kcal  
Smoked Quinoa with Kimchi & Green Herbs **V** 68Kcal  
Peppery Leaves with Tamari Pumpkin Seeds **V** 76Kcal  
Spelt, English lentil, Celeriac & Pears **V** 79Kcal

### Sweet Items

Roast Apples & Pears with Yoghurt 65Kcal  
Fruit & Veg & Mix Seed Salad 139Kcal  
Wholegrain Pancakes with Fruit & Honey 196Kcal  
Mixed Fruit Compote with Cashew Cream 55Kcal

## AFTERNOON BREAK

Freshly brewed Restaurant Associates 'Blend 53' filter coffee and a selection of Fairtrade tea and herbal infusions served with Apricot & Seed Flapjack

Bottled still and sparkling water throughout the day

*Calorie information is per 100g of each item.  
Adults need around 2000Kcal per day*

# ALLERGENS

Food Allergy or Intolerance

## ALLERGEN INFORMATION

### Do you have a food allergy or intolerance?

We provide allergen information on the 14 major allergens.

Please speak with your sales co-ordinator and details of allergens in any of our dishes can be provided for your consideration.

At your event there will be an Allergen Folder located at all buffet stations on your event catering floor to make delegates aware of all allergens contained in your chosen menu and help them make an informed decision.

Please note, as with every catering establishment, there is always a potential for cross contamination to occur. While we endeavour to prevent this as far as possible, the nature of an allergen means we cannot fully guarantee that cross-contamination may not have occurred. We encourage our customers with food allergies and intolerances to let our staff know so we can better cater for them. We are happy to provide further detail on ingredients and how they were handled to allow you make an informed decision as to whether or not the food is suitable for you.

If you have any concerns, please speak to a member of staff.

**Cereals containing gluten**

**Nuts**

**Crustaceans**

**Celery**

**Eggs**

**Mustard**

**Fish**

**Sesame seeds**

**Peanuts**

**Sulphur dioxide & sulphites**

**Soya beans**

**Lupin**

**Milk**

**Molluscs**