

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  153Kcal
Chicken Caesar Wrap 280Kcal
Falafel & Beetroot Wrap  148Kcal

Sourdough Baguettes – Choose 1





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

Sandwiches – Choose 2

Egg mayo & mustard cress on wholemeal bread  232Kcal
Tuna mayo & rocket on white bread 192Kcal
Cheese ploughman's on granary bread  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  364Kcal
Cherry Tomato & Red Onion Puff Pastry  204Kcal
Baharat Cauliflower & Aubergine Skewers  45Kcal
Welsh rarebit  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  142Kcal
- Split Pea Hummus, Beetroot, Pear  150Kcal
- Bashed Chickpeas, Pickled Red Onions, Rocket  188Kcal
- Beetroot Hummus, Roasted Onions, Pickled Cabbage  120Kcal
- Bashed Avocado, Toasted Seeds, Watercress  190Kcal
- Chicken, Bashed Roasted Carrots, Garlic  137Kcal
- Curried Egg, Toasted Seeds, Green Herbs  134Kcal
- Carrot Hummus, Roast Beets, Spring Onions  180Kcal
- Roasted Beets & Spring Onions  43Kcal
- Chicken, Sprouted Seeds, Pesto, Spicy Pumpkin 203Kcal

Salads – Choose 1

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