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
- Mid-Morning Coffee break with homemade biscuit
- 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**
- 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
**REGISTRATION**

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

**MID-MORNING BREAK**

Freshly brewed Restaurant Associates ‘Blend 53’ filter coffee and a selection of Fairtrade tea and herbal infusions served with a shortbread biscuit. 740Kcal

**LUNCH MENU**

A selection of freshly made sandwiches, ciabattas, and tortilla wraps, served with Tyrrell Crisps and a dessert jar all chosen by you.

Lunch is served with a combination of fruit infused water and mineral water.

**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

**Dessert jars**

- Lemon posset jar 323kcal
- Eton mess shot 390kcal
- Espresso chocolate mousse 364kcal
- Strawberry pannacotta jar 293kcal

*Can’t decide? Chef’s selection available.*

**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.*

**Tortilla wraps – choose 1**

- Avocado, carrot & hummus wrap 153kcal
- Moroccan chicken wrap 205kcal
- Falafel & beetroot wrap 148kcal

**Ciabatta – choose 1**

- BLT 201kcal
- Chicken caesar 226kcal
- Red pepper, pesto & goat’s cheese 237kcal

[Vegetarian]

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**Vegetarian**
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**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

**MID-MORNING BREAK**
Freshly brewed Restaurant Associates ‘Blend 53’ filter coffee and a selection of Fairtrade tea and herbal infusions served with a shortbread biscuit. 740Kcal

**LUNCH MENU**
A selection of freshly made sandwiches, ciabattas, and tortilla wraps, served Tyrrell Crisps and a dessert jar 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
- Moroccan chicken wrap 205kcal
- Falafel & beetroot wrap 148kcal

**Ciabatta – choose 1**
- BLT 201kcal
- Chicken caesar 226kcal
- Red pepper, pesto & goat’s cheese 237kcal

**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

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

**Savoury items**
- Pork & cumberland sausage roll 202kcal
- Vegan sausage roll 236kcal
- Scotch egg 173kcal
- Teriyaki tofu skewer 169kcal
- Cherry tomato & red onion puff pastry 204kcal
- Baharat cauliflower & aubergine skewers 45kcal
- Welsh rarebit 252kcal

**Dessert jars**
- Lemon posset jar 323kcal
- Eton mess shot 390kcal
- Espresso chocolate mousse 364kcal
- Strawberry pannacotta jar 293kcal

Can’t decide? Chef’s selection available.

**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

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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

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HOT LUNCH
Delegate Package

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 156kcal
- Spicy, beany shashuka & sourdough 102kcal
- Eggs, spicy kraut & sourdough 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 95kcal
- Chickpeas with spinach, cumin & tomato 77kcal
- Chunky beef chilli 98kcal
- Curried parsnips, potato & chard 67kcal
- Lamb tagine 79kcal
- Mushroom & celeriac stew 108kcal
- Squash & chickpea stew 65kcal
- Pork shoulder, cider, roast apple & celeriac stew 98kcal
- ‘Ways to well’ kedgeree 65kcal

Sides & salads
- Carrots, beets & spring onion side 204kcal
- 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
- 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

Vegetarian

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**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.**

<table>
<thead>
<tr>
<th>Cereals containing gluten</th>
<th>Eggs</th>
<th>Peanuts</th>
<th>Milk</th>
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<tbody>
<tr>
<td>Nuts</td>
<td>Mustard</td>
<td>Sulphur dioxide &amp; sulphites</td>
<td>Molluscs</td>
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<tr>
<td>Crustaceans</td>
<td>Fish</td>
<td>Soya beans</td>
<td></td>
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<tr>
<td>Celery</td>
<td>Sesame seeds</td>
<td>Lupin</td>
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**Vegetarian**