

MENU SEAKAYAK HOLIDAYS

Before each dinner, there is the traditional 'aperitif' with local product from the island (charcuterie, cheese, bread and wine).

The idea is to cook everyday all together a salad for lunch and a warm meal in the evening. There is the possibility to adjust the menu to your specific diet or allergies.

Sunday :

Evening : Spaghetti Bolognese with grated cheese ; yogurt with honey or jam

Monday :

Breakfast : Bread, Corsican Cake, Brioche, Yogurt, Cereals, marmalade, honey, chocolate paste, coffee, tea, milk and sugar

Lunch : Tabouleh with veggies, Banana

Dinner : Gnocchi with blue cheese sauce or red sauce ; Apple pie

TUESDAY :

Breakfast : Bread, Corsican Cake, Brioche, Yogurt, Cereals, marmalade, honey, chocolate paste, coffee, tea, milk and sugar

Lunch : Lentils salad, Orange

Dinner : Chicken curry with rice, Pear in chocolate

WEDNESDAY :

Breakfast : Bread, Corsican Cake, Brioche, Yogurt, Cereals, marmalade, honey, chocolate paste, coffee, tea, milk and sugar

Lunch : Rice salad with eggs and tuna, Apple

Dinner : Lentils soup with veggie, fruits salad

THURSDAY :

Breakfast : Bread, Corsican Cake, Brioche, Yogurt, Cereals, marmalade, honey, chocolate paste, coffee, tea, milk and sugar

Lunch : Piemonte's salad, Melon

Dinner : Spaghetti carbonara, Pear pie

FRIDAY :

Breakfast : Bread, Corsican Cake, Brioche, Yogurt, Cereals, marmalade, honey, chocolate paste, coffee, tea, milk and sugar

Lunch : Red beans salad with corn and veggies, grapes

Dinner : Fish soup with garlic croutons, banana with chocolate

SATURDAY :

Breakfast : Bread, Corsican Cake, Brioche, Yogurt, Cereals, marmalade, honey, chocolate paste, coffee, tea, milk and sugar

Lunch : Tabouleh with veggie and feta cheese, orange

Dinner : barbecue with local meat and veggies

SUNDAY :

Breakfast : Bread, Corsican Cake, Brioche, Yogurt, Cereals, marmalade, honey, chocolate paste, coffee, tea, milk and sugar



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