

**Menu Selections**



Meal Plan Packages	Breakfast		Lunch			Dinner			Prepackaged / Take-away Options		
	Continental Breakfast	Hot Breakfast	Salad & Drink Bar	Hot Lunch	Pasta	Salad & Drink Bar	Hot Main	Pasta	Breakfast	Lunch	Dinner (Takeaway Tray)
<b>School</b> (Under 13years)	Cereals, toast, condiments, low fat yogurts, orange juice, full cream and low fat milk, fruit in natural juices, tea & coffee	Eggs (poached, fried or scrambled) & Spaghetti.	Selection of bread, cordial & cold water, fresh whole fruits, plain salads, mixed dressings & condiments, tea & coffee	Choice of 1 hot main meal plus rice dish	Chefs selection of pasta	Selection of bread, iced water, tea & coffee, fresh whole fruit and your choice from the salad bar	Chefs selection of hot main meal plus seasonal vegetables / roasted vegetables	Chefs selection of pasta	Please contact us for Information	Consists of a Cold Meat & Salad Sandwich, Whole Fresh Fruit, Portion Control Biscuit, Popper & napkin	Consists of a selection of hot and cold items from the Buffet, Popper and Cutlery
<b>Sportsman</b>	Selection of cereals, toast, condiments, low fat yogurts, orange juice, full cream and low fat milk, fresh & sliced seasonal fruit, fruit in natural juices, tea, coffee	Eggs (poached, fried or scrambled), sausages, spaghetti & baked beans	Selection of bread, cordial & cold water, fresh whole fruits, plain salads, mixed dressings & condiments, tea & coffee	Choice of 2 hot main meals plus rice dish	Chefs selection of pasta	Selection of bread, iced water, tea & coffee, fresh whole fruit and your choice from the salad bar	Chefs selection of 2 hot main meals plus seasonal vegetables / roasted vegetables	Chefs selection of pasta	Please contact us for Information	Consists of a Cold Meat, garden salad box, bread, fresh whole fruit, muesli bar & 600ml Water	Consists of a selection of hot and cold items from the Sportsman Buffet, 100% Orange Juice and Cutlery