



Sample Menus 2016

We are constantly updating our recipes to reflect fresh seasonal produce with a focus on giving our retreat guests healthy, nutritional and delicious meals. We cater for all dietary needs.

Please note that this list is indicative only and that each day the catering team will choose a daily menu that will be displayed on the dining room blackboard.

BREAKFAST:

- A range of cereals including gluten free with a choice of milk varieties
- Assorted breads for toasting include: hi fibre, multigrain, wholemeal, gluten free
- A choice of spreads, preserves, yoghurts and a boiled egg (self-cooked)
- An assortment of fresh seasonal fruit, fruit juice, tea and coffee

MORNING TEA:

- Freshly baked scones served with 'Mary-Clair's' award winning strawberry jam
- Slices include: cranberry & pistachio, strawberry & coconut, lemon coconut, ginger nut & fruit, chocolate & coconut
- Cakes include ginger & maple syrup, cherry macaroon, apple sicilian, vanilla pound, be-jewelled carrot cake, sour cream chocolate, & many more
- Savoury items include crackers & cheese, mini savoury muffins



LUNCH:

Live-in Retreatants

Lunch is varied daily and may include:

- Gourmet sandwiches, wraps, savoury muffins. Homemade hearty soups are served in cooler months. Freshly baked quiches, vegetarian lasagne, frittatas are served with healthy salads.
- All lunches are accompanied by a fresh fruit platter



Day groups

Day groups have the option of selecting between Package 1 or Package 2

Package 1: Includes gourmet sandwiches/or wraps. Homemade soups are served as an accompaniment during cooler months. Fresh fruit platter.

Package 2: Includes a buffet lunch consisting of either freshly baked quiches, vegetarian lasagne, ploughman's lunch, savoury slices. All served with 2 healthy salads and a fresh fruit platter. Homemade hearty soups are served with this option during cooler months.

DINNER:

Dinner consists of a main course and home baked dessert or fresh fruit salad.

- Mains served include: beef stroganoff, chicken provencale, homemade lasagne, gnocchi, beef & chicken curries, cottage pies, hearty stews in winter, chicken risotto, roast beef, chicken cacciatore, to name a few
- Accompaniments include steamed rice, polenta, fresh seasonal vegetables (steamed or roasted), or salads
- Desserts include home baked cheesecake, tarts, puddings, pavlova, custards and seasonal fruit salad

