



## 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

