

Boarding Daily Additions Menu

Breakfast

Free Range Egg - steamed or poached

Selection of Sonoma and Turkish toast breads, variety of spreads

Yoghurt - Greek or Smooth & Creamy

Mixed Berries

Fresh Seasonal Fruit Salad

Cereals - Special K, Just Right, Weetbix, Nutrigrain, Cornflakes

Toasted Muesli

Selection of Milks - Full Cream, Light, Soy, Lactose Free

Selection of Local Fruit Juices - Orange, Apple, Pineapple, Grapefruit

Morning Tea

Substantial Varying Morning Tea Item (see weekly menu)

Raw Vegetable Sticks and Houmous

Yoghurt and Fresh Fruit Pots

Cracker Selection: Jatz, Cruskit, Rice Cake, Vita Wheat 9 Grain, Salada

Arnotts Biscuits: Family Assorted and Cream Assorted

Cheeses: Philadelphia Cream, Tasty

Whole Seasonal Fresh Local Fruit

Spreads: Vegemite, Butter, Margarine

Lunch

Substantial Varying Lunch Hot Dish (see weekly menu)

DIY sandwich bar:

Selection of Sonoma Breads, Wraps, Spreads, Lettuce, Cucumber, Tomato, Cheese, Salami, Ham, Smoked Salmon, Chopped Egg Mix, Tuna, Mayonnaise, Pickles, Sauces.

DIY Fresh Salad Bar: Greek Salad, Garden Salad, Traditional Salad of the Day, Vegetarian Protein Salad of the Day, Chefs Selection salad of the Day.

DIY Daily Salad Varied Condiment Bar: Dolmades, Croutons, Seed Mix, Stuffed Capsicum, Gherkins, Preserves, Sauerkraut, Roast Capsicum, Capers, Bocconcini, etc.