



OUR MENU

BREAKFAST: Breakfast Consists of a variety of eggs on toast, porridge, Vita-Brits, rice pops, bacon, sausage and eggs, pancakes with jam & cream and a glass of water, orange juice or milk.

MORNING TEA: Morning tea is a selection of bananas, pears, apples, strawberries, blackberries, watermelon, peach, nectarines, grapes or oranges and a glass of water.

LUNCH: Lunch consists of chicken, sausages, steak, lamb chops, roast lamb, pork or chicken, or fish with a side serve of potatoes, carrots, corn, pumpkin, beans, brussel sprouts, peas or cabbage and a glass of water or milk.

AFTERNOON TEA / DINNER: Afternoon tea consists of either: toasted sandwiches, spaghetti, tuna mornay, meat and vegetables (listed above), bubble and squeak (using the meat and vegetables above), saladas or rice cakes with topping and a glass of milk or water.

(Participants arriving later in the day have lunch menu).

Afternoon tea / dinner is often based on how participants ate at lunch time and participants choice.

LATE SNACK: Sandwiches with choice of filling (*as dietary need allows*) or lunch menu and a glass of milk or water.

Menu is displayed daily on top of the program.