

MENU

INDIVIDUAL COLD LUNCHES

Double Smoked Leg Ham, Cheddar Cheese, Dijon Mustard, Tomato and Lettuce Baguette

Marinated Chicken Breast, Cucumber, Carrot, Herbed Mayonnaise and Salad Half Wrap

Seasonal Whole Fruit and Carmen's Chocolate and Cranberry Muesli Bar

Bottled Water

Vegetarian Option

Sun dried Tomato, Hummus, Olive and Caper, Red Onion Jam and Lettuce Baguette

Mango chutney, Avocado, Beansprout, Carrot, Cucumber and Lettuce Wrap

Gluten Free / Coeliac Option

Double smoked Ham, Cheddar Cheese, Dijon mustard, Tomato, Lettuce Soy and Linseed Sandwich

Chicken, Cucumber, Carrot, Bean Sprout, Lettuce and Mango Chutney Rice Paper Rolls

Lactose Free / Dairy Free Option

Double smoked Ham, Dijon Mustard Mayonnaise, Tomato and Lettuce Soy Linseed Sandwich

Marinated Chicken Breast, Cucumber, Carrot, Herbed Mayonnaise and Salad Wrap

Nut Free Option

Double smoked Ham, Dijon Mustard Mayonnaise, Tomato and Lettuce Wrap

Marinated Chicken Breast, Cucumber, Carrot, Herbed Mayonnaise and Salad Wrap

Vegan Option

Sun dried Tomato, Hummus, Olive, Caper, Red Onion Jam and Lettuce Wrap

Mango chutney, Avocado, Beansprout, Carrot, Cucumber and Lettuce Wrap

INDIVIDUAL HOT LUNCH

Mini Grass-fed Beef Meatballs in Rich Tomato Sauce with Spaghetti OR

Creamy Sundried Tomato and Roast Pumpkin Penne with Fresh Parmesan Shavings (v)

Seasonal Whole Fruit and Carmen's Chocolate and Cranberry Muesli Bar

Bottled Water and Juice

Includes pre-packaged wooden knife, fork and napkin