

A decorative graphic in the top left corner consists of a dark blue circle with a yellow outline, containing a yellow line-art illustration of a plant with several leaves and a central cluster of small flowers.

# SAMPLE MENU

## Breakfast

Omelette, cereal, toast and spreads  
Teas, coffee, milo and cordial

## Morning tea

Fresh cakes, slices, sweet or savoury scones,  
crackers, sandwiches and seasonal sliced fruit

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## Lunch

Prawn mornay  
or

Grilled pineapple and ham steak  
with  
Saffron rice, sweet potato and green  
beans

**Vegetarian option:** Vegetable fritata  
with mash potatoes and gravy

## Dessert

Apple pie with custard

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## Dinner

Leek and potato soup  
or

Lamb rissoles  
with  
Potato au gratin and honey carrots

## Dessert

Pavlova with berry compote

A decorative graphic in the top left corner consists of a dark blue circle with a yellow outline, containing a yellow line-art illustration of a plant with several leaves and a central cluster of small flowers. This graphic overlaps a teal horizontal band that serves as a background for the 'SAMPLE MENU' title.

# SAMPLE MENU

## Breakfast

Maple pancakes, cereal, toast and spreads  
Teas, coffee, milo and cordial

## Morning tea

Fresh cakes, slices, sweet or savoury scones,  
crackers, sandwiches and seasonal sliced fruit

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## Lunch

Battered fish

or

Ham and leek fritata

with

Chips, coleslaw and mushy peas

**Vegetarian option:** Veggie stir fry  
with mash potatoes and gravy

## Dessert

Cinnamon churros

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## Dinner

French onion soup

or

Beef casserole

with

Garlic buttered potatoes, spinach and  
green beans

## Dessert

Sticky date pudding