

# Menu

All meals are cooked onsite and are served in a buffet style

## BREAKFAST

|           |  |
|-----------|--|
| Cold      | Cereals ( WeetBix, Kellogs Corn Flakes)<br>Cooked Oats served with Soymilk, Cinnamon and Seed Mix<br>Fresh Fruit |
| Cooked    | Fry's Vegan Sausages<br>Hashbrowns<br>Mushrooms<br>Eggs<br>Roasted Tomatoes<br>Toasted Bread                     |
| Beverages | Coffee<br>Tea<br>Juice<br>Water  |

## LUNCH

|          |   |
|----------|---|
| Option A | Vegan Lasagna<br>Vegan Schnitzel<br>Vegetable Samosas<br>Potato Wedges<br>Greek Salad<br>Dessert  |
| Option B | Vegetable Curry<br>Sweet Potato & Caramelized Onion Quiche<br>Green Salad<br>Selection of Breads<br>Dessert   |
| Option C | Mushroom Risotto<br>Spinach & Feta Quiche<br>Fresh Salad<br>Potato Wedges<br>Dessert  |
| Option D | Picnic at our Waterval<br>Fry's Vegan Sausages<br>Fry's Chicken Style Strips<br>Vegetarian Quiche<br>Vegetable Samosas<br>Carrot Sticks & Hummus<br>Greek Salad<br>Selection of Bread<br>Selection of Cheeses |

Option F      Roasted Vegetable Filled Pita Bread  
Chips  
Greek salad  
Coleslaw  
Onion rings  
Dessert

## **DINNER**

Option A      Vegetable Potjie  
Served with rice  
Mediterranean salad  
Potato salad  
Dessert

Option B      Charcoal Roasted Filled Butternut  
Fresh Roasted Vegetables  
Green salad  
Dessert

Option C      Butternut & Feta Cous-Cous Salad  
Fresh Roasted Vegetables  
Mediterranean salad  
Dessert

Option D      Vegetable stir-fry with egg noodles  
Greek salad  
Dessert

Option E      Fry's Vegan Patty burgers  
Chips  
Dessert