

**PROPOSAL FOR LAKE MACQUARIE
CHILDREN'S GAMES**

Saturday 6th Dec – Thursday 13 Dec 2014

CATERING

SATURDAY DINNER - 18:00pm – 19:30pm Edwards Hall Dining Hall, Forsythes Cellar and Green Room

- Grilled chicken cutlet with honey mustard sauce
- Stir-fry beef & vegetables in black bean sauce with egg noodles
- Lentil, spinach & tomato Dahl (vegetarian)
- Steamed rice
- Garlic & rosemary chat potatoes
- Vegetable medley (cauliflower, broccoli, carrot, zucchini, beans & tofu)
- Salad bar (lettuce, tomato, beetroot, cucumber, Coleslaw)
- Carrot cake with cream cheese icing

SUNDAY BREAKFAST - 6:30am – 8:00am Edwards Hall Dining Hall, Forsythes Cellar and Green Room

- Cereals (cornflakes, weet-bix, rice bubbles, sultana bran & just right)
- Yoghurt (Vanilla, mango, strawberry, raspberry & natural)
- Fresh fruit (Apples, pears, oranges)
- Stewed fruit compote
- Full cream, Lite white & skim milk
- White, wholemeal & grain bread
- Scrambled egg
- Baked beans
- Fried rice

MONDAY BREAKFAST - 6:30am – 8:00am Edwards Hall Dining Hall, Forsythes Cellar and Green Room

- Cereals (cornflakes, weet-bix, rice bubbles, sultana bran & just right)
- Yoghurt (Vanilla, mango, strawberry, raspberry & natural)
- Fresh fruit (Apples, pears, oranges)
- Stewed fruit compote
- Full cream, Lite white & skim milk
- White, wholemeal & grain bread
- Fried Rice
- Eggs
- Chipolatas

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MONDAY DINNER - 18:00pm – 19:30pm Edwards Hall Dining Hall, Forsythes Cellar and Green Room

- Roast mustard beef with pan jus gravy
- Spaghetti with chicken bolognese sauce
- Stir fried tofu & vegetables with Rice noodle in char sui sauce
- Roasted paprika potatoes
- Steamed rice
- Roasted root vegetables
- Buttered green beans
- Fried rice
- Salad bar (lettuce, tomato, beetroot, cucumber, Coleslaw)
- Chocolate mud brownie

TUESDAY BREAKFAST - 6:30am – 8:00am Edwards Hall Dining Hall, Forsythes Cellar and Green Room

- Cereals (cornflakes, weet-bix, rice bubbles, sultana bran & just right)
- Yoghurt (Vanilla, mango, strawberry, raspberry & natural)
- Fresh fruit (Apples, pears, oranges)
- Stewed fruit compote
- Full cream, Lite white & skim milk
- White, wholemeal & grain bread
- Boiled Egg
- Beef Chipolatas
- Fried rice

WEDNESDAY BREAKFAST - 6:30am – 8:00am Edwards Hall Dining Hall, Forsythes Cellar and Green Room

- Cereals (cornflakes, weet-bix, rice bubbles, sultana bran & just right)
- Yoghurt (Vanilla, mango, strawberry, raspberry & natural)
- Fresh fruit (Apples, pears, oranges)
- Stewed fruit compote
- Full cream, Lite white & skim milk
- White, wholemeal & grain bread
- Fried Rice
- Eggs
- Baked Beans

WEDNESDAY DINNER - 17:00pm – 18:30pm Edwards Hall Dining Hall, Forsythes Cellar and Green Room

- Chicken breast schnitzel with Dianne sauce
- Pork & vegetable stir-fry in Hoisin sauce with hokkien noodle
- Sweet potato pumpkin & sage frittata (vegetarian)
- Mash potato

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- Steamed rice
- Honey carrots
- Steamed minted peas
- Salad bar (lettuce, tomato, beetroot, cucumber, Coleslaw)
- Ice-cream pots with assorted topping (banana, chocolate, caramel or chocolate)

THURSDAY BREAKFAST - 6:30am – 8:00am Edwards Hall Dining Hall, Forsythes Cellar and Green Room

- Cereals (cornflakes, weet-bix, rice bubbles, sultana bran & just right)
- Yoghurt (Vanilla, mango, strawberry, raspberry & natural)
- Fresh fruit (Apples, pears, oranges)
- Stewed fruit compote
- Full cream, Lite white & skim milk
- White, wholemeal & grain bread
- Scrambled Egg
- Hash browns
- Fried rice