

MENU- GREAT VICTORIAN BIKE RIDE 2018

	BREAKFAST	Hot Breakfast items	SNACK	LUNCH	MAIN	DINNER	SIDE	DESSERT
Day 1 Bright	Standard	Porridge, Muesli, Nutri Grain, Weetbix, GF Cereal, GF Muesli, Fruit Salad, Yoghurt, Sliced Bread, tea, coffee, juice	Oats	Choc Muffin, GF Choc Muffin, GF Vg jam tart	Pita: Mexican Chicken	Marinated Beef Strips	Thai salad, roasted root vegetables	Belgian Choc Mousse in a waffle cone
	Vegetarian				Pita: Mex beans and cheese	Vegetarian Kofta	Thai salad, roasted root vegetables	
	GF Std				GF Wrap- Chick avo mayo	Marinated Beef Strips	Thai salad, roasted root vegetables	
	GF Veg				GF Wrap- Pump tom zucc rocket	GF Vegan Kofta	Thai salad, roasted root vegetables	
	GFVegan				GF Wrap- Pump tom zucc rocket	GF Vegan Kofta	Thai salad, roasted root vegetables	
	Extra All				Fresh Fruit			
Day 2 Beechworth	Standard	Porridge, Muesli, Nutri grain, weetbix, GF cereal, GF Muesli, Fruit salad, yoghurt, sliced bread, tea, coffee, juice, milk	Oats	Cherry Slice, GF Veg hedgehog slice	Caesar Salad	Butter Chicken Curry	Coconut Rice, Italian salad	Cheesecake in a waffle cone
	Vegetarian				Salad-Quinoa Chicpea Coleslaw salad	Chic pea spinach curry	Coconut Rice, Italian salad	
	GF Std				Salad-quinoa Chicpea Coleslaw salad	Butter Chicken Curry	Coconut Rice, Italian salad	
	GF Veg				Salad-quinoa Chicpea Coleslaw salad	Chic pea spinach curry	Coconut Rice, Italian salad	
	GFVegan				Salad-quinoa Chicpea Coleslaw salad	Chic pea spinach curry	Coconut Rice, Italian salad	
	Extra All				Fresh Fruit		Fresh Fruit	
Day 3 Beechworth	Standard	Porridge, Muesli, Nutri grain, weetbix, GF cereal, GF Muesli, Fruit salad, yoghurt, sliced bread, tea, coffee, juice, milk	Oats, Bacon and Tomato	Apple Cinnamon Muffin, GF apple cinnamon Muffin	Baguette-Chic Avo tom Lettuce	Meat balls in napolitana	Penne pasta, veg medley	Crème caramel in a waffle cone
	Vegetarian				Baguette-Cheese avo salad	Felafel balls in sauce	Penne pasta, veg medley	
	GF Std				GF Roll-Chick slaw Cucumber	GF meat balls in napolitana	Penne pasta, veg medley	
	GF Veg				GF Roll-cheese salad chutney	GF Felafel balls in sauce	GF pasta, veg medley	
	GFVegan			Vegan Biscuit	GF Roll-Salad tom relish	GF Vegan felafel balls in sauce	GF pasta, veg medley	
	Extra All			Fresh Fruit		Fresh Fruit	Fresh fruit Cordial, GF, cheese and biscuits	Fresh Fruit
Day 4 Tallengatta	Standard	Porridge, Muesli, Nutri grain, weetbix, GF cereal, GF Muesli, Fruit salad, yoghurt, sliced bread, tea, coffee, juice, milk	Oats	Choc cupcake, GF Cupcake	Pasta salad with Bacon	Beef Chilli Con carne	Mexican Rice, Garden Salad	GF Panna Cotta in a waffle Cone
	Vegetarian				Pasta salad w/feta	Vegetable Chilli Con carne	Mexican Rice, Garden Salad	
	GF Std				GF Pasta salad with Bacon	Beef chilli Con carne	Mexican Rice, Garden Salad	
	GF Veg				GF Pasta salad	Vegetable Chilli Con Carne	Mexican Rice, Garden Salad	
	GFVegan			Vegan choc chip cookie	GF Pasta salad	Vegetable Chilli Con Carne	Mexican Rice, Garden Salad	
	Extra All			Fresh Fruit		Fresh Fruit	Fresh Fruit Cordial, chocolate eggs	Fresh Fruit
Day 5 Rutherglen	Standard	Porridge, Muesli, Nutri grain, weetbix, GF cereal, GF Muesli, Fruit salad, yoghurt, sliced bread, tea, coffee, juice, milk	Oats	Banana Bread, GF Banana Bread	Roll-Lamb Mint jelly Cheese	Sweet chilli Chicken and vegetables	Cous cous, Tabouleh salad	Tira Misu in a waffle cone
	Vegetarian				Roll-Gr Veg, Basil pesto, Feta	Eggplant, tofu Hot Pot	cous cous, Tabouleh Salad	
	GF Std				GF Roll-Salad Tomato, relish	Sweet chilli Chicken and vegetables	cous cous, Lentil roast Pumpkin Salad	
	GF Veg				GF Roll-Salad tomato, relish	Eggplant, tofu Hot Pot	Cous cous, lentil roast pumpkin salad	
	GFVegan			GF Vegan Shortbread	GF Roll-Salad Tomato, relish	Eggplant, tofu Hot Pot	cous cous, lentil roast pumpkin salad	
	Extra All			Fresh Fruit		Fresh Fruit	Fresh fruit Cordial, jellybeans	
Day 6 Rutherglen	Standard	Porridge, Muesli, Nutri grain, weetbix, GF cereal, GF Muesli, Fruit salad, yoghurt, sliced bread, tea, coffee, juice, milk	Oats, Mediterranean Wrap, Bacon and Egg wrap	Jam Doughnut, GF Raspberry slice		slow cooked BBQ Beef Brisket	Potato salad, Asian Slaw	Lemon Cheesecake in a waffle cone
	Vegetarian					Veg Shaslicks	Potato Salad, Asian slaw	
	GF Std					GF Slow Cooked BBQ Beef brisket	Potato Salad, GF Vegan Coleslaw	
	GF Veg					Veg shaslicks	Potato Salad, GF Vegan Coleslaw	
	GFVegan			Veg YO Yo Biscuit		Vegetable Shaslicks	Potato Salad, GF Vegan Coleslaw	
	Extra All			Fresh Fruit		Fresh Fruit	Krasky Roll, GF Roll	
Day 7 Yarrowonga	Standard	Porridge, Muesli, Nutri grain, weetbix, GF cereal, GF Muesli, Fruit salad, yoghurt, sliced bread, tea, coffee, juice, milk	Oats	Plain Croissant, GF vegan jam Tarts	Salad w/chicken, rst veg, cous cous	Mushroom stuffed chicken breast	Cheese sauce, quinoa, tomato salad	Apple Pie
	Vegetarian				Salad-Rst veg Feta Cous Cous	Chic pea 3 bean rissoles	Vegetable sauce, quinoa, tomato salad	
	GF Std				Salad-Brown rice rst veg	Mushroom stuffed chicken breast	Cheese sauce, quinoa, tomato salad	
	GF Veg				Salad-Brown Rice rst veg	Chic pea 3 bean rissoles	Vegetable sauce, quinoa, tomato salad	
	GFVegan			Veg jam tarts	Salad-Brown rice rst veg	GFV chickpea 3 bean rissoles	Vegetable sauce, quinoa, tomato salad	
	Extra All			Fresh Fruit		Fresh Fruit	Fresh fruit Cordial, Killer Pythons	Bread Roll GF bread Roll
Day 8 Glenrowan	Standard	Porridge, Muesli, Nutri grain, weetbix, GF cereal, GF Muesli, Fruit salad, yoghurt, sliced bread, tea, coffee, juice, milk	Oats	Coconut Jam slice, GF hedgehog slice	Pita-Turkey, c/berry sauce, cheese	Beef Ragù	Rice Pilaf, mesculin salad	Mixed berries
	Vegetarian				Wrap-Cheese avo salad mayo	Vegetarian Pasta Bake	Rice Pilaf, mesculin salad, Pumpkin sauce	
	GF Std				GF Wrap-Rst pkin, tom relish	GF Beef Ragù	Rice Pilaf, mesculin salad	
	GF Veg				GF Wrap- Rst pkin, tom relish	GF Vegetable Croquette	Rice Pilaf, mesculin salad, Pumpkin sauce	
	GFVegan			Veg hedgehog slice	GF Wrap-Turkey, cheese c/berry sauce	GF Vegan Vegetable croquettes	Rice Pilaf, mesculin salad, Pumpkin sauce	
	Extra All			Fresh Fruit		Fresh Fruit	Jam Doughnut, GF Protein balls	
Day 9 Benalla	Standard	Porridge, Muesli, Nutri grain, weetbix, GF cereal, GF Muesli, Fruit salad, yoghurt, sliced bread, tea, coffee, juice, milk	Oats, Pancakes, maple syrup		n/a	n/a	n/a	n/a
	Vegetarian				n/a	n/a	n/a	n/a
	GF Std				n/a	n/a	n/a	n/a
	GF Veg				n/a	n/a	n/a	n/a
	GFVegan				n/a	n/a	n/a	n/a
	Extra All				Fresh Fruit			n/a