



Great Vic Bike Ride 2019 Menu - Standard Meal Option

	Continental Breakfast	Hot Breakfast	Snack	Lunch	Dinner	Dessert
Day 1: Robe (Arrival Day)	N/A	N/A	N/A	N/A	Marinated beef with Thai salad	Belgian chocolate mousse
Day 2: Robe to Millicent	Includes: - Cereals - Muesli - Yoghurt - Fruit Salad - Fresh Fruit - Bread & condiments	Porridge	Chocolate Muffin	Mexican Chicken Pita	Butter Chicken with coconut rice & salad	Cheesecake
Day 3: Millicent to Mount Gambier		Porridge	Cherry Slice	Pasta Salad	Gourmet sausages with mash potato & onion gravy	Pavlova
Day 4: Mount Gambier to Portland		Porridge Bacon & Tomato	Caramel Slice	Chicken, avocado & tomato baguette	Meatballs with penne & vegetables	Crème Caramel
Day 5: Portland to Port Fairy		Porridge	Apple Cinnamon Muffin	Caesar Salad	Chilli con carne with Mexican rice & salad	Panna Cotta
Day 6: Port Fairy (Rest Day)		Porridge	Chocolate Cupcake	N/A	Sweet Chilli Chicken with cous cous	Tira Misu
Day 7: Port Fairy to Peterborough		Porridge Breakfast Wrap	Banana Bread	Lamb roll with mint jelly	Slow-cooked Beef Brisket with Potato Salad & Slaw	Lemon Cheesecake
Day 8: Peterborough to Beech Forest		Porridge	Jam Doughnut	Turkey wrap with cranberry sauce	Mushroom-stuffed chicken with quinoa	Apple Pie
Day 9: Beech Forest to Deans Marsh		Porridge Pancakes	Croissant	Chicken, roast vegetable & cous cous salad	Beef Ragù with Rice	Berries & cream
Day 10: Deans Marsh to Torquay		Porridge	Coconut Jam Slice	BBQ	N/A	N/A



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Great Vic Bike Ride 2019 Menu - Vegetarian Meal Option

	Continental Breakfast	Hot Breakfast	Snack	Lunch	Dinner	Dessert
Day 1: Robe (Arrival Day)	N/A	N/A	N/A	N/A	Vegetarian Kofta with salad & vegetables	Belgian chocolate mousse
Day 2: Robe to Millicent	Includes: - Cereals - Muesli - Yoghurt - Fruit Salad - Fresh Fruit - Bread & condiments	Porridge	Chocolate Muffin	Mexican Pita	Chickpea spinach curry with coconut rice & salad	Cheesecake
Day 3: Millicent to Mount Gambier		Porridge	Cherry Slice	Pasta Salad	Vegetarian sausages with mash potato & onion gravy	Pavlova
Day 4: Mount Gambier to Portland		Porridge Potato & Tomato Hash	Caramel Slice	Cheese avocado & salad baguette	Vegetarian Meatballs with penne & vegetables	Crème Caramel
Day 5: Portland to Port Fairy		Porridge	Apple Cinnamon Muffin	Quinoa salad with chickpeas	Vegetable Chilli with Mexican rice & salad	Panna Cotta
Day 6: Port Fairy (Rest Day)		Porridge	Chocolate Cupcake	N/A	Eggplant & Tofu Hot Pot with cous cous	Tira Misu
Day 7: Port Fairy to Peterborough		Porridge Breakfast Wrap	Banana Bread	Grilled vegetable roll with basil pesto	Vegetable Shaslicks with Potato Salad & Slaw	Lemon Cheesecake
Day 8: Peterborough to Beech Forest		Porridge	Jam Doughnut	Cheese, avocado & salad wrap	Chickpea Patties with Vegetable Sauce & Quinoa	Apple Pie
Day 9: Beech Forest to Deans Marsh		Porridge Pancakes	Croissant	Feta, roast vegetable & cous cous salad	Vegetarian Pasta Bake	Berries & cream
Day 10: Deans Marsh to Torquay		Porridge	Coconut Jam Slice	BBQ	N/A	N/A



Great Vic Bike Ride 2019 Menu – Gluten Free Meal Option

	Continental Breakfast	Hot Breakfast	Snack	Lunch	Dinner	Dessert	
Day 1: Robe (Arrival Day)	N/A	N/A	N/A	N/A	Marinated beef with Thai salad	GF Mousse Cake	
Day 2: Robe to Millicent	Includes: - GF Cereals - GF Muesli - Yoghurt - Fruit Salad - Fresh Fruit - Bread & condiments		GF Chocolate Muffin	GF Wrap with Chicken & Avocado	Butter Chicken with coconut rice & salad	GF Cheesecake	
Day 3: Millicent to Mount Gambier			GF Hedgehog	GF Pasta Salad	Gourmet sausages with mash potato & onion gravy	Pavlova	
Day 4: Mount Gambier to Portland		Bacon & Tomato	GF Lemon Slice	GF Roll with Chicken & Slaw	GF Meatballs with penne & vegetables	GF Caramel Slice	
Day 5: Portland to Port Fairy			GF Apple Cinnamon Muffin	Quinoa salad with chickpeas	Chilli con carne with Mexican rice & salad	Panna Cotta	
Day 6: Port Fairy (Rest Day)			GF Chocolate Cupcake	N/A	Sweet Chilli Chicken with polenta & roast pumpkin salad	GF Cheesecake	
Day 7: Port Fairy to Peterborough		Breakfast Wrap	GF Banana Bread	GF Roll with lamb & chutney	Slow-cooked Beef Brisket with Potato Salad & Slaw	GF Baked Cheesecake	
Day 8: Peterborough to Beech Forest			GF Choc Peppermint Slice	GF Wrap with turkey & cranberry	Mushroom-stuffed chicken with quinoa	GF Apple Pie	
Day 9: Beech Forest to Deans Marsh		Bacon & Tomato	GF Jam Tart	Brown rice & roast vegetable salad	GF Beef Ragù with Rice	Berries & cream	
Day 10: Deans Marsh to Torquay				GF Hedgehog	BBQ	N/A	N/A



Great Vic Bike Ride 2019 Menu – Gluten Free Vegetarian Meal Option

	Continental Breakfast	Hot Breakfast	Snack	Lunch	Dinner	Dessert
Day 1: Robe (Arrival Day)	N/A	N/A	N/A	N/A	Vegetarian Kofta with salad & vegetables	GF Mousse Cake
Day 2: Robe to Millicent	Includes: <ul style="list-style-type: none"> - GF Cereals - GF Muesli - Yoghurt - Fruit Salad - Fresh Fruit - Bread & condiments 		GF Chocolate Muffin	GF Wrap with Roast Vegetables Quinoa salad with chickpeas	Chickpea spinach curry with coconut rice & salad	GF Cheesecake
Day 3: Millicent to Mount Gambier			GF Hedgehog	GF Pasta Salad	Vegetarian sausages with mash potato & onion gravy	Pavlova
Day 4: Mount Gambier to Portland		Potato & Tomato Hash	GF Lemon Slice	GF Roll with Cheese & Salad	GF Veg Meatballs with penne & vegetables	GF Cheesecake
Day 5: Portland to Port Fairy			GF Apple Cinnamon Muffin	Quinoa salad with chickpeas	Vegetable Chilli with Mexican rice & salad	Panna Cotta
Day 6: Port Fairy (Rest Day)			GF Chocolate Cupcake	N/A	Eggplant & Tofu Hot Pot with polenta	GF Cheesecake
Day 7: Port Fairy to Peterborough		Breakfast Wrap	GF Banana Bread	GF Roll with tomato salad & relish	Vegetable Shaslicks with Potato Salad & Slaw	GF Baked Cheesecake
Day 8: Peterborough to Beech Forest			GF Choc Peppermint Slice	GF Wrap with roast pumpkin	Chickpea Patties with Vegetable Sauce & Quinoa	GF Apple Pie
Day 9: Beech Forest to Deans Marsh		Potato & Tomato Hash	GF Jam Tart	Brown rice & roast vegetable salad	GF Vegetable Croquettes with Rice	Berries & cream
Day 10: Deans Marsh to Torquay			GF Hedgehog	BBQ	N/A	N/A



Great Vic Bike Ride 2019 Menu – Vegan Meal Option

	Continental Breakfast	Hot Breakfast	Snack	Lunch	Dinner	Dessert
Day 1: Robe (Arrival Day)	N/A	N/A	N/A	N/A	Vegan Kofta with salad & vegetables	V Choc Cheesecake
Day 2: Robe to Millicent	Includes: - GF Cereals - GF Muesli - Yoghurt - Fruit Salad - Fresh Fruit - Bread & condiments	Porridge	Jam Tart	Roast Vegetable Wrap	Chickpea spinach curry with coconut rice & salad	V Cheesecake
Day 3: Millicent to Mount Gambier		Porridge	Hedgehog	Pasta Salad	Vegan sausages with mash potato & onion gravy	Strawberry Jelly Cup
Day 4: Mount Gambier to Portland		Porridge Potato & Tomato Hash	V Lemon Slice	Salad Roll with Chutney	Vegan Meatballs with penne & vegetables	V Cheesecake
Day 5: Portland to Port Fairy		Porridge	V Biscuit	Quinoa salad with chickpeas	Vegetable Chilli with Mexican rice & salad	V Cheesecake
Day 6: Port Fairy (Rest Day)		Porridge	V Choc Chip Cookie	N/A	Eggplant & Tofu Hot Pot with polenta	V Cheesecake Slice
Day 7: Port Fairy to Peterborough		Porridge Breakfast Wrap	V Shortbread	Salad Roll with Tomato Relish	Vegetable Shaslicks with Potato Salad & Slaw	V Cheesecake Slice
Day 8: Peterborough to Beech Forest		Porridge	V Yo-Yo	GF Wrap with roast pumpkin	Chickpea Patties with Vegetable Sauce & Quinoa	GF Apple Pie
Day 9: Beech Forest to Deans Marsh		Porridge Potato & Tomato Hash	Jam Tart	Brown rice & roast vegetable salad	Vegan Croquettes with Rice	Berries & cream
Day 10: Deans Marsh to Torquay		Porridge	Hedgehog	BBQ	N/A	N/A