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PRODUCTION  
CATERING

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*To all those who love great food ...*



Menu



## **Reduced crew Sample Menu daily**

### **Breakfast daily**

#### **Every breakfast will consist of**

Selection of fresh whole fruit ranging from apples, pears, oranges, bananas  
 Fresh tropical fruit platter or fruit salad  
 Selection of different muesli and cereals  
 A selection of yogurt (coconut, passionfruit, Greek, berry)  
 A mixture of breads – multigrain, whole meal, white and gluten free

#### **One hot item daily from a selection that includes**

Breakfast wrap- scrambled egg, bacon and spinach  
 Ham - cheese croissants  
 Tomato and cheese croissants  
 Rich creamy free range scrambled eggs with, tomato, onion & cheese  
 Free range fried eggs with bacon and tomatoes  
 Breakfast burrito with baby spinach, eggs, bacon and avocado  
 Baked beans served with breakfast sausages  
 Free range fried eggs with hash browns & bacon  
 Hot cakes served with maple syrup and bacon  
 Breakfast frittata with bacon, shallots mushrooms and spinach  
 Mixture of toasted breakfast Turkish bread with eggs, bacon and vegetarian options

#### **Hot Lunch two hot items per day**

Typically, a hot item such as:  
 Beef burgers with lettuce, Tomato, cheese, pickle and burger sauce.  
 Chicken burgers with lettuce, Tomato, cheese, pickle and burger sauce.  
 Roast Beef in seeded mustard  
 Beef Tacos with spiced beef, grated cheese, lettuce, shallot, tomato, mushroom, capsicum, carrot.  
 Roast Chicken  
 Chicken Burritos with spiced chicken, grated cheese, lettuce, shallot, tomato, mushroom, capsicum, carrot.  
 Duck & plum spring rolls with Asian noodle salad  
 Roast Pork with Caraway stuffing  
 Battered fish & chips

#### **Salads**

#### **A selection of two of the following**

Potato salad  
 Pasta salad  
 Coleslaw  
 Fresh garden salad  
 Greek salad

A selection of breads and butter





### Dinner

*A selection of 2 hot items daily. One of which would be a wet dish such as a curry, pasta or stew and the other would be a stir fry with noodles, meat and vegetables.*

#### The menu would consist of:

A selection of breads with butter

A sample of proposed wet dishes:

Thai Chicken green curry

Beef Lasagne

Irish Stew

Goulash

Beef madras curry

Penne Bosciola

Stroganoff

Spaghetti Bolognaise

Pori Pori Chicken

Chinese barbeque Pork belly spareribs

A sample of the proposed stir fry dishes:

Egg Noodles or vermicelli noodles with Chicken, pork or seafood with seasonal vegetables & oyster sauce, sweet chilli, fresh herbs and peanuts

### Salads

*A daily salad from the following selection*

Butternut Pumpkin, pine nut, feta and baby spinach salad with seeded mustard dressing

Coleslaw with coriander and Japanese sesame dressing

Green garden salad

Greek salad

Potato salad

Rocket Pear and parmesan salad

Every meal would have vegetarian options and other dietary requirements would be handled on an individual basis.

### Late Dinner

A preprepared meal ready to be reheated in a microwave accompanied by a preprepared salad  
The item will be an item from the dinner or lunch menus but will not be the same as the dinner item on the same day. A vegetarian option will also be available

