

SUGGESTED

MENUS FOR THEOKATAINA FUNGAL FORAY Working list for 40 participants.

Mon 10th

Supper

Vegetable **soup** 250 mls per serving

or Ham and Pea **Soup**

Toast. 5 loaves of 18 slices each = 2.25 slices per person (for 40 participants)

marg. 8 grams per slice, = 600gms for 75 slices

butter 10 grams per slice, = 150 gms for 15 slices

spreads. jam honey marmalade @ 12.5 gms per slice for 80 slices = 1000gms

marmite 2 gms per slice

Tea 40 gms for 40 cups

coffee 2gms per teaspoon (est 10 will want it) = 20 gms

with option of Milo (estimate 5 will want it)

milk 40 mls for a cup of tea. est 40 cups = 1600 mls

sugar 4 grams per teaspoon

Chocolate Cake (brought from home)

Tues 11th

Breakfast **Porridge** 4 gms per serving x 40 = (120 gms)

Cereals Weetbix (est 6 bix per breakfast)

bran flakes (est 300 gm box a meal)

Stewed **fruit** peaches (1x A10)

Fruitjuice concentrate. (3 litres)

Tea or coffee

Toast 5 loaves

marg. butter

spreads. jam marmite honey marmalade

Lunch **Filled roll** 4 doz (allow 1/2 bun each) 12 light gram 12 white
12 brown. (4x6) Luncheon rolls.

fillings luncheon cut reasonably thick

lettuce or cole slaw

beetroot

pickle

and cream of vegetable **soup,**

fresh fruit (apples or oranges) and sultana cake

Dinner

soup of the day cream of vegetable soup,

roast lamb roll - mint sauce, brown gravy

roast potatoes, parsnips and kumara

mixed green vegetables hot carrots

Okataina Delight, (Baked apple and fruit & scone topping)
Custard sauce

Wed 12th

Breakfast **Porridge and Cereals** pears or **gooseberries**
Toast and spreads

Lunch **Sandwiches** Sandwich bread. - 22 slices to loaf. (allow 2 1/2 slices each)
grated cheese 2 Vogel thin mixed.
marmite 2 w light grain = 5 loaves.
coleslaw or lettuce 1 Sandwich white.
tomatoes
pickles

leek and potato **soup**
fresh fruit (apples and bananas) and **nutmeg cake**

Dinner **Soup** of the day (short and long)
Various Oriental dishes

Various Fungal dishes

Steamed Rice

Baked Fruit Flan

Thurs 13th

Breakfast **Porridge and Cereals** stewed **apple**
Toast and spreads

Lunch **Sandwiches**
Pumpkin soup
fresh fruit (apples and oranges) and **sultana cake**

Dinner **Spicy Roast Chicken**
Roast Veges -(Potato, Kumara & Pumpkin)