

SUGGESTED

MENUS FOR THE OKATAINA 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)

**Fruit juice 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)