# TAGALONG TOUR MENU

Homemade meals prepared with seasonally available ingredients. Meals may vary and are subject to change depending on availability

Please use the online waiver to make us aware of any dietary requirements or allergies

#### **BREAKFAST**

a selection of breakfast cereals and muesli, Toast and spreads, yoghurt, and fruit.

Fruit juice, tea and coffee

## LUNCH

Sandwiches or wraps with a selection of meat and vegetarian fillings, salads and dressings

plus

Fresh fruit and muesli bar or cookie

### DINNER

Chicken or tofu curry served with rice and a dessert of apple pie and custard

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Teriyaki fish or tofu stirfry with sauce served with rice and garlic bread

or

Pasta bolognaise served with cheese and garlic bread

#### REFRESHMENTS

Tea and coffee available whilst at the accommodation

Main meals are provided - but extra snacks and alcohol are your responsibility, please bring any extras you may need with you