

GREAT ESCAPEDE NEW ZEALAND 2012

Lunch Menu

Saturday 18th February 2012 (Day 1)

- P Ham Cheese and Tomato Baguette
- V Tomato and Cheese Baguette
(Baguette, Margarine, Tomato, Cheese, Lettuce, Mayo)
- GFP GFree Ham Cheese and Tomato on GFree Baguette
(GF Baguette, Margarine, GF Ham, Lettuce, Cheese, Tomato)
- GFV Vegetarian GFree Baguette
(GF Baguette, Margarine, Lettuce, Cheese, Tomato, Cucumber, Carrot)

Sunday 19th February 2012 (Day 2)

- P Chicken and Avocado Long Seeded Roll
- V Vegetarian Long Seeded Roll
(Long Seeded Roll, Margarine, Baby Spinach, Egg, Avocado, Mayo)
- GFP Gfree Chicken and Avocado Long Roll
(GF Long Roll, Margarine, GF Roast Chicken, Baby Spinach, Avocado)
- GFV Vegetarian GFree Long Roll
(GF Long Roll, Margarine, Baby Spinach, Egg, Alfafa Sprouts, Avocado)

Monday 20th February 2012 (Day 3)

- P Roast Beef Aioli and Caramelised Onion Sandwich
- V Two Cheese Gourmet Vegetarian Sandwich
(Swiss Grain Bread, Margarine, Swiss Cheese, Feta Cheese, Lettuce, Red Peppers)
- GFP Gfree Roast Beef with Roast Vegetables on Whole Grain Gfree Bread
(GF Wholegrain Bread, Margarine, GF Roast Beef, Horseradish Sauce, Roast Vegetable Salad)
- GFV Two Cheese Gourmet Vegetarian Sandwich on Whole Grain Gfree Bread
(GF Wholegrain Bread, Margarine, Swiss Cheese, Feta Cheese, Lettuce, Roasted Red Peppers)

Tuesday 21st February 2012 (Day 4)

- P Roast Beef Salad Tramezzino
- V Homestyle Garden Salad Tramezzino
(Tramezzino, Margarine, Lettuce, Tomato, Cheese, Cucumber, Capsicum, Carrot, Mayo)
- GFP Roast Beef Salad in Gfree Pita Pocket
(GF Pita Pocket, GF Roast Beef, Lettuce, Tomato, Cheese, Cucumber, Capsicum, Carrot)
- GFV Homestyle Garden Salad in Gfree Pita Pocket
(GF Pita Pocket, Lettuce, Tomato, Cheese, Cucumber, Capsicum, Carrot)

Wednesday 22nd February 2012 (Day 5)

Own Lunch

Thursday 23rd February 2012 (Day 6)

- P Mediteranean Beef Pastrami Bap
- V Mediteranean Feta Salad Bap
(Bap Roll, Margarine, Feta Cheese, Baby Spinach, Sun Dried Tomato and Olive Chutney)
- GFP Mediteranean Beef Pastrami Gfree Bap
(GF Bap Roll, Margarine, GF Beef Pastrami, Cheese, Baby Spinach, Sun Dried Tomato and Olive Chutney)
- GFV Mediteranean Feta Salad Gfree Bap
(GF Bap Roll, Margarine, Feta Cheese, Baby Spinach, Sun Dried Tomato and Olive Chutney)

Friday 24th February 2012 (Day 7)

- P Chicken Garden Salad
- V Greek Salad
(Cherry Tomatoes, Cucumber, Olives, Feta Cheese, White Vinegar, Red Onions, Baby Spinach)
- GFP Bean and Coriander Salad
(Green Beans, Red Kidney Beans, Red and Green Capsicum, Chick Peas, Onion and Coriander Dressing)
- GFV Bean and Coriander Salad
(Green Beans, Red Kidney Beans, Red and Green Capsicum, Chick Peas, Onion and Coriander Dressing)

Saturday 25th February 2012 (Day 8)

- P Ham and Swiss Cheese Sandwich
- V Egg Lettuce Tomato Sandwich
(Swiss Grain Bread, Margarine, Egg, Lettuce, Tomato, Cheese)
- GFP Ham and Swiss Cheese Sandwich on Whole Grain Gfree Bread
(GF Wholegrain Bread, Margarine, GF Ham, Swiss Cheese, Tomato, Lettuce)
- GFV Egg Lettuce Tomato Sandwich on Whole Grain Gfree Bread
(GF Wholegrain Bread, Margarine, Egg, Tomato, Lettuce, Cheese)

Each day, lunch will be accompanied by

- Sweet item (such as muffin, scone, cake slice, danish pastry)
- Snack item (such as meusli bar, cheese and crackers, fruit and nut mix)
- Piece of fresh fruit (such as banana, apple, pear, orange)
- Drink

Gluten Free options of above items will be included in special menu bags