



MEAL PLAN

HAYES CREEK RUSH ROGAINE. NT CHAMPIONSHIPS

SOUPS

Pumpkin
Minestrone

MAIN COURSE

Coconut chicken curry
Spaghetti bolognaise
Beef stew

DESSERT

Fruit salad

BREAKFAST

Eggs & Bacon
Cereal

BBQ LUNCH

Tea & coffee all hours
Cheese toasties all hours