

The Family Travel Company | Healthy Menu Series

## **Self-Contained Accommodation**

### **CONVENTIONAL**

#### **BREAKFAST**

##### **Big breakfast**

Pan-fried eggs, bacon, mushrooms, local sausage with baked beans and a salsa.

##### **Gourmet omelette**

Eggs whipped with cream and mixed roasted vegetables, herbs and blue cheese.

##### **Greek yoghurt and mango**

Full cream Greek yoghurt tossed though mango fillets.

##### **Turkish stovetop coffee**

Freshly ground coffee stove-top simmered.

Add cream, low GI sugar if desired.

#### **LUNCH**

##### **Eggplant pizza**

Pan-grilled eggplant slices topped with napolitana sauce, olives, bacon, mushrooms and cheese.

Add sea salt, diced herbs and olive oil to serve.

##### **Superfood salad**

Roasted vegetable salad with chopped kale, quinoa, beetroot hummus, blueberries and a lemon vinaigrette.

##### **Curried sweet potato soup**

Roasted sweet potato and curry soup.

Serve with garlic bread.

##### **Continental roll**

Pastrami with olives, chillies, tomato, Jarlsberg cheese, rocket, roasted capsicum and artichokes. Add mayonnaise if desired.

#### **DINNER**

##### **Seafood risotto**

Either rice or quinoa cooked in stock wine, herbs and spices with a marinara mix.

### **One-pot beef and vegetable casserole**

Diced beef, seasonal vegetables stewed in stock and lemon

### **Foil wrapped salmon and steamed vegetables**

Salmon wrapped in herbs and butter.

Serve with steamed vegetables.

### **Thai chicken curry**

Thai green coconut curry with Asian vegetables.

Add chopped chilli, sesame oil and grated ginger.

Serve with quinoa or rice.

## **DESSERTS**

### **Banana chocolate ice cream with berries**

Frozen bananas blitzed with cocoa powder.

Serve with berries.

### **Polenta pancakes with cream and berries**

Stewed polenta with spices, whipped cream and berries.

### **Baked cheese cake**

Traditional baked cheesecake with a fruit compote and whipped cream.

### **Shopping Checklist**

Artichokes  
Asian vegetables  
Bacon  
Baked beans  
Bananas  
Beef  
Beetroot humous  
Blueberries  
Blue cheese  
Butter  
Capsicum (roasted)  
Cheese (Jarlsberg)  
Chili  
Cream  
Coconut cream  
Coffee  
Cream cheese  
Curry powder  
Eggs  
Eggplant  
Garlic

Ginger  
Granita biscuits  
Greek yoghurt  
Green curry paste  
Herbs  
Kale  
Lemons  
Low GI sugar  
Mango  
Marinara (frozen)  
Mayonnaise  
Mushrooms  
Napolitana sauce  
Olives  
Olive oil  
Pastrami  
Polenta  
Quinoa  
Rice  
Rocket  
Rolls  
Root vegetables  
Salad mix  
Salmon  
Sausages  
Sea salt  
Sesame oil  
Sour cream  
Stock  
Sweet potato  
Tomato  
Vanilla  
Wine