SPORT GROUPS

LUNCH OPTIONS – $64 PER PERSON

OPTION ONE

- Build you own burgers – burger buns, chicken patties, lettuce, tomato, cucumber, carrot, onion, mushroom, beetroot
- Bread – white, whole meal, wholegrain, bread rolls, tortillas
- Sliced chicken luncheon, sliced ham, Asian slaw, beef noodle stir fry
- Condiments – mustard, relish, low-fat mayonnaise, salad dressing
- Fresh fruit cuts, tea, coffee, low-fat milk

OPTION TWO

- Pre-sliced vegetables – lettuce, tomato, cucumber, carrot, onion, mushroom, beetroot
- Bread – white, whole meal, wholegrain, bread rolls, tortillas
- Sliced chicken luncheon, sliced ham, shredded chicken breast with BBQ sauce, grilled vegetable pasta salad, fish chow mein
- Condiments – mustard, relish, low-fat mayonnaise, salad dressing
- Fresh fruit cuts, tea, coffee, low-fat milk

OPTION THREE

- Pre-sliced vegetables – lettuce, tomato, cucumber, carrot, onion, mushroom, beetroot
- Bread – white, whole meal, wholegrain, bread rolls, tortillas
- Sliced chicken luncheon, sliced ham, ham or chicken & spinach quiche, spaghetti bolognese, garden salad
- Condiments – mustard, relish, low-fat mayonnaise, salad dressing
- Fresh fruit cuts, tea, coffee, low-fat milk

OPTION FOUR

- Pre-sliced vegetables – lettuce, tomato, cucumber, carrot, onion, mushroom, beetroot
- Bread – white, whole meal, wholegrain, bread rolls, tortillas
- Sliced chicken luncheon, sliced ham, soy marinated chicken breast, beef noodle stir fry, apple slaw
- Condiments – mustard, relish, low-fat mayonnaise, salad dressing
- Fresh fruit cuts, tea, coffee, low-fat milk

OPTION FIVE

- Pre-sliced vegetables – lettuce, tomato, cucumber, carrot, onion, mushroom, beetroot
- Bread – white, whole meal, wholegrain, bread rolls, tortillas
- Sliced chicken luncheon, sliced ham, smoked ham off the bone, chicken chow mein, avocado salad
- Condiments – mustard, relish, low-fat mayonnaise, salad dressing
- Fresh fruit cuts, tea, coffee, low-fat milk

OPTION SIX

- Pre-sliced vegetables – lettuce, tomato, cucumber, carrot, onion, mushroom, beetroot
- Bread – white, whole meal, wholegrain, bread rolls, tortillas
- Sliced chicken luncheon, sliced ham, lean beef mince lasagne, fish chow mein, chickpea salad
- Condiments – mustard, relish, low-fat mayonnaise, salad dressing
- Fresh fruit cuts, tea, coffee, low-fat milk

OPTION SEVEN

- Pre-sliced vegetables – lettuce, tomato, cucumber, carrot, onion, mushroom, beetroot
- Bread – white, whole meal, wholegrain, bread rolls, tortillas
- Sliced chicken luncheon, sliced ham, spaghetti bolognese, chicken stir fry, Asian slaw
- Condiments – mustard, relish, low-fat mayonnaise, salad dressing
- Fresh fruit cuts, tea, coffee, low-fat milk

TANOA | WATERFRONT LAUTOKA, FIJI

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Prices inclusive of 17.5% government taxes (12.5% VAT + 5% TST)

SPORT GROUPS

DINNER OPTIONS – $85 PER PERSON

OPTION ONE

- Chicken & sweetcorn soup with egg whites, assorted bread & large bread rolls, Greek salad
- Lean beef & black beans, chicken & cashews, sweet & sour fish
- Steamed rich, taro (dalo), peas, roast pumpkin, cauliflower cheese
- Fruit trifle, low-fat ice cream with assorted topping, hot chocolate

OPTION TWO

- Tomato soup, assorted bread & large bread rolls, potato & egg salad
- Beef goulash, cajun & paprika grilled fish, chicken & cashews
- Steamed rice, peas, roast pumpkin, cauliflower cheese, baked potato wedges
- Chocolate pudding with hot custard, low-fat ice cream with assorted topping, hot chocolate

OPTION THREE

- Chicken long soup, assorted bread & large bread rolls, seafood pasta salad
- Sweet & sour pork, grilled local market fish with tropical salsa, roast chicken with gravy
- Steamed rice, peas, roast pumpkin, cauliflower cheese, honey glazed sweet potato
- Fruit salad, low-fat ice cream with assorted toppings, hot chocolate

OPTION FOUR

- Pumpkin, carrot & potato soup, assorted bread & large bread rolls, tossed salad
- Lamb rourou, chicken & vegetable stir-fry, pork in oyster sauce
- Steamed rice, taro (dalo), peas, roast pumpkin, cauliflower cheese
- Fruit trifle, low-fat ice cream with assorted toppings, hot chocolate

OPTION FIVE

- Dhal soup, papadums, assorted bread & large bread rolls,
- Thai chicken curry, curried fish in lolo, Chinese lamb curry
- Steamed rice, roti, peas, roast pumpkin, cauliflower cheese, tomato salsa
- Chocolate pudding with hot custard, low-fat ice cream with assorted toppings, hot chocolate

OPTION SIX

- Chicken & sweetcorn soup, assorted bread & large bread rolls, seafood pasta salad
- Shrimp & mussel stew, chicken in oyster sauce, oven roasted lean beef with steak sauce
- Steamed rice, peas, roast pumpkin, cauliflower cheese, coleslaw, jacket potatoes
- Fruit salad, low-fat ice cream with assorted toppings, hot chocolate

OPTION SEVEN

- Kokoda, assorted bread & large bread rolls, nama & ota salad, steamed casava, lovo dalo
- Mutton palusami, fish in lolo, lovo chicken
- Vudi (local banana) vakasoso, low-fat ice cream with assorted topping, hot chocolate

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