**Strathean Meals information**

In order to keep cost low, you are asked to contribute food for meals.

The plan is to reduce kitchen time for those on the roster thus allowing more playing time.

If you have any unusual dietary requirements (vegetarian, vegan, gluten free, dairy free), you will need to provide your own ingredients for this and also let the daily kitchen supervisor know .

*Please clearly label your own ingredients and keep in the silver fridge in the dining room.* Any food items for general meal use, please place in the white fridge in the kitchen.

**MEALS**

**Breakfasts** are supplied by REMU , porridge, cereal, milk, tea, herb tea, coffee, toast, peanut butter, Marmite, jam, marmalade, honey.

**Thursday night** meal you will need to provide your own.

**Friday Lunch**, soup, salads, bread, fruit, sliced meats

**Friday night** main course is quiches (feta and spinach, chicken and cranberry, ham and asparagus

- provided by REMU) vegetables and salads.

**Saturday lunch**, soup, salads, bread, fruit, sliced meats

**Saturday night** main course is chicken casserole (supplied by REMU), vegetables and salads.

**Sunday lunch** is leftovers…..

All desserts are fruit salad and ice cream and any leftover cakes from morning/afternoon teas.

**Ideas for food items to bring : at least 3 of the following lines:**

* Fruit - 3 fruits: apple, orange, mandarin, pears, ready-to-eat banana, kiwifruit. i.e. not green
* Vegetables. Any 3: potatoes, parsnip, kumara, carrots, broccoli, cauliflower. Frozen peas or beans. Pumpkin already purchased
* Salad ingredient, any 2: lettuce or salad bag, tomatoes, cucumber, sprouts, carrot, avocado Or any other salad item you like e.g. rice, quinoa, tin chick peas, tin mixed beans
* Cakes/muffins/biscuits/crackers cheese, dips for morning and afternoon tea
* Sliced meats, cheese anything else you think would be enjoyed by others.

**All participants are asked to bring the following**

* 1 lunch meal either ready to heat and serve or ingredients that can be quickly assembled on the day, that will go in 1 dish e.g. Casserole, pie, sausages, curry.
* \*\*\*\*\*Dinner Friday is quiches – supplied
* \*\*\*\*\*Dinner Saturday is chicken casserole - supplied.

If either of these dinner meals do not suit your diet, please bring a prepared dish which can be easily heated. Please notify Helen by October 7th if you are doing this

For those coming from outside wellington, there is a New World in Otaki, 5 minutes drive.

Ron McNulty will organise a daily trip to the supermarket for those who do not have cars.

REMU will buy ice cream, cheese block, extra vegetables, salad ingredients and fruit if there is not enough.

Daily kitchen supervisor needs to let Ron Ward know what extras are needed before these are purchased. If you purchase general ingredients then receipts must be kept and given to Ron Ward for reimbursement if your own funds are used.

**Friday and Saturday there will be a kitchen supervisor**.

Friday: Marie Eales

Saturday: Helen Pollock.

Sunday. Only Lunch to organize.

This person will organize lunch and dinner from the ingredients to hand and purchase whatever more may be needed. Kitchen helpers need to communicate with the supervisor in the morning. Please let the supervisor know what you have bought or will prepare for lunch and dinner that day.