

# cu@wallaroo - Sample Menu

**At cu@wallaroo, we pride ourselves on the quality of food that we prepare.**

**We strive to encourage healthy food and drink choices and design our menus to comply with The Right Bite Easy Guide as based on The Australian Dietary Guidelines.**

## **Breakfast 8.00am**

Juice, cereal, toast & spreads  
plus  
Pancakes with maple syrup  
and other assorted toppings  
or  
Scrambled eggs, baked beans &  
mushrooms

## **Morning Tea 10.30am**

Fresh seasonal fruit  
plus  
Homemade muffin cake  
or  
Homemade Anzac biscuits  
fresh from the oven

## **Lunch 12.30pm**

Freshly made assorted salads  
plus  
Homemade sausage rolls  
or  
Baked potatoes with toppings  
or  
Roasted chicken drumsticks  
  
Or takeaway your individually  
made fresh roll or wrap

## **Afternoon Tea 3.30pm**

Fresh seasonal fruit  
plus  
Freshly baked focaccia  
or  
Homemade dips with crudite

## **Dinner 6.00pm**

Italian style wood-oven pizza  
or  
Tasty Chicken Yiros with  
homemade Tzatziki  
or  
Homemade Burgers  
with onion jam

## **Dessert 6.30pm**

Fresh seasonal fruit & ice-cream  
plus  
Sticky Date Pudding  
or  
Cinnamon Apple Crumble

We also provide plentiful fresh fruit to munch on, if you are hungry in-between meals  
And for drinks, we have fresh filtered water plus tea & coffee.