

# Rawson Village fructose/special dietary menu

Guests with fructose intolerance or similar dietary requirements will be provided with chefs selections off the following menu.

## Morning & afternoon teas

Fruits - banana, mandarins, honeydew etc.

## Breakfast

Bacon & Eggs

Sausages & Eggs

Sausages & Hash Browns

## Lunches

Grilled chicken or grilled fish fillet with specialized salad

Gluten free pasta with pumpkin sauce

Chicken & Corn or Pumpkin soup with crusty roll or gluten free rolls

Sweet potato & Chorizo tart, gluten free with specialized salad

## Dinners

Chicken/Beef/Vegetarian stir-fry

Containing - Carrot, Capsicum, Celery, Corn spears, Gluten free soy sauce & Rice vermicelli Noodles

Chicken/Beef/ Vegetarian Curry

Containing - Sweet potato, Carrot, Capsicum, Celery, Pumpkin, Eggplant, Curry powder, Coconut cream with Basmati rice

Grilled chicken or grilled fish fillet with steamed vegetables or special salad

Vegetables - Potato, Pumpkin, Corn, Carrot, Sweet potato, Spinach and/or Brussel sprouts Cauliflower, Broccoli

Salad - Lettuce, Baby spinach leaves, Carrot, Cucumber, Mushrooms & Radish, now peas

Gluten free pasta with pumpkin sauce

Warm vegetable rice salad

## Desserts

Blueberry crumble with Vanilla ice-cream  
(Contains oats)

Ice-cream sundae - 2 flavours of ice-cream.

Gluten free mixed berry vanilla bread pudding  
(Not Dairy Free)

Containing - Gluten free bread, Coconut cream, Cream cheese, Eggs, White sugar, Vanilla extract, Blueberries, Raspberries & Strawberries.