

# Brownsea Leader Weekend 10 Adults

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## Weekend Menu Overview

### Sunday Lunch

Sandwich & wrap platter (ham, chicken, cheese, salad), veg wraps, chips & dips, fruit.

Dietary: V options included.

### Saturday Dinner – Mixed BBQ

Meat: Beef sausages, chicken thighs, steaks or lamb chops.

Vegetarian: Veggie sausages, halloumi, grilled mushrooms & vegetables.

Sides: Garden salad, potato salad, bread rolls.

Dessert: Cheesecake or ice-cream.

Dietary: V, GF options available.

### Sunday Breakfast

Cereal Options

Pancakes with maple syrup, berries, yoghurt

Tea & coffee.

Dietary: V, optional GF pancakes upon request.

### Saturday Lunch – Asian Style (Light)

Rice paper rolls (chicken & vegetarian), peanut and sweet chilli sauces, fresh fruit.

Dietary: V, GF (except sauces contain nuts).

## 2. Consolidated Shopping List

### Produce

- Lettuce (2)
- Tomatoes (1 kg)
- Cucumbers (3)
- Carrots (1 kg)
- Capsicum (4)
- Zucchini (4)
- Potatoes (3 kg)
- Watermelon
- Fresh herbs: mint & coriander
- Spring onions
- Mushrooms

### Meat & Deli

- BBQ chickens (2)
- Chicken thighs (2.5 kg)
- Beef sausages (2 kg)
- Steaks or lamb chops (2 kg)
- Ham slices
- Deli chicken slices

### Vegetarian & Dairy

- Veggie sausages
- Halloumi (3 blocks)
- Firm tofu
- Cheese slices
- Greek yoghurt
- Eggs

### Bakery

- Bread loaves (6)
- Wraps (2 packs)
- Bread rolls

### Pantry

- Rice paper wrappers (2 packs)
- Vermicelli noodles (2 packs)
- Self-Raising Flour
- Peanut butter
- Cereal Options

- Soy sauce
- Sweet chilli sauce
- BBQ sauce
- Maple syrup
- Oil, salt, pepper

### Frozen

- Frozen berries
- Ice-cream tubs
- Cheese Cake

### Drinks & Misc

- Tea & coffee
- Milk
- Cordial
- Oil
- Paper towels
- Aluminium foil
- Disposable gloves

### **3. Prep Sheets**

#### **Saturday Lunch Team**

- Cook vermicelli noodles and cool.
- Prepare vegetables and herbs.
- Shred chicken and cook tofu.
- Set up self-serve rice paper rolling station.

#### **Saturday BBQ Team**

- Marinate chicken in advance.
- Prepare salads and potato salad.
- Cook vegetarian items first or separately.
- Monitor BBQ food safety and temperatures.

#### **Sunday Breakfast Team**

- Prepare pancake batter.
- Set up toppings and drinks station.
- Keep cooked pancakes warm.

#### **Sunday Lunch Team**

- Assemble sandwiches and wraps.
- Cover with damp paper towel until serving.
- Prepare fruit platter.