



the retreat
Port Stephens



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ACCOMMODATION COSTS

MIDWEEK ONLY RATES subject to change at anytime

MONDAY – THURSDAY per person per night
INCLUDES GST

- **\$23** Including linen – sheet, doona, pillow
- Towels can be hired for **\$2** each or guests bring along their own

MEAL COSTS

These are daily rates on a per person price. Other options are available. These are all self cook catering options except the pizza night.

For meals to be fully catered there is a small additional charge.

Nelson Breakfast \$4pp

- Selection of cereals & milk
- White and wholemeal Toast with a selection of spreads and margarine
- Selection of juices and milo milk
- (Tea, coffee, sugar and milk for staff only)

The Retreat Breakfast \$9pp

- Eggs, Bacon, Sausages, Tomatoes
- Fresh fruit selection
- Selection of cereals & milk
- White and wholemeal Toast with a selection of spreads and margarine
- Selection of juices and milo milk
- (Tea, coffee, sugar and milk for staff only)



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Lunch - \$12pp

The Student self assemble day pack

This option is a great way to get the students to assemble their own lunch kits for the day. The following is supplied for the students to choose what they would like for their morning tea, lunch and afternoon tea.

Students are given a bag to fill and write their names on bag. Eskies are provided to keep food cool during the day.

Staff and teachers get a special day kit of tea, coffee and biscuits to get you through the day. Lunches are pre-ordered and made for the staff and teachers. This is at the same rate.

- **White and wholemeal bread + margarine spread**
- **Selection of cold meats – shaved ham, chicken roll, Devon**
- **Lettuce, tomato, cucumber, cheese**
- **Mayonnaise**
- **Vegemite, Nutella, jam, honey**

- **1 x Muesli Bar or fruit bar**
- **1 x box sultana's or yoghurt**
- **1 x bag or chips or popcorn**
- **1 x mini chocolate**
- **1 x piece of fruit (seasonal)**
- **1 x cheese & biscuits**

- **1 x bottled water**
- **2 x fruit poppers**



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All dinner meals are served buffet style.
All plates and cups etc are all disposable so there is no washing up.
Hooray!!!!!!!

Bagnalls Dinner Pack \$7pp

Students assemble their own burger creations

- Hamburger patties
- Onion
- Burger buns
- Butter
- Lettuce
- Tomato
- Beetroot
- Sliced cheese
- Tomato & BBQ sauces
- Water
- Soft drink
- Ice-cream cone or iceblock

Gan Gan Dinner Pack \$6pp

- 2 Sausages
- 2 Bread rolls
- butter
- Onion
- Lettuce, tomato & cheese
- Tomato & BBQ sauces
- Water
- Soft drink
- Ice cream cone or ice block



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Pizza Dinner Pack \$8pp

- Variety of pizza's to choose from delivered freshly baked.
- Garlic Bread
- Water
- Soft drink
- Garden salad
- Ice cream cone or ice block

Pasta Dinner Pack \$8pp

- Spaghetti Bolognese or Napoli Penne
- Dinner roll and butter
- Water
- Soft drink
- Garden salad
- Ice cream cone or ice block

Dutchman Dinner Pack \$13pp

- Steak
- Chicken kebab
- 2 x sausages
- dinner roll and butter
- Onion
- Tomato & BBQ sauces
- Potato salad
- Garden salad
- Water
- Soft drink
- Ice cream cone or ice block