



Oniva meals

Breakfast -Always Consist of Coffee, Tea, Platter of fruits, Yoghurt, Cereal and Muesli, Jam, Peanu Butter, Assorted Juice, Milk,Toast

Day 1

Breakfast Main - Spinach Cheese Omlette

Lunch 1

Make your own Sandwich - Baguettes, Breadrolls, Platter of Cheese, Pastrami,Salami, Ham, Salad, Pickles, Relish, Avacado, Mayonaise, boiled eggs etc.
Homemade lemonade

Dinner

BBQ Night at the Island Bar with Fiji homemade Sausages, Steaks and Chicken kebabs with Tropical Garden Salad and Sweet potato salad.

Breakfast 2

Poach Eggs and Bacon / Bake beans

Lunch 2

Homemade Ciabatta or Cheeseloaf Chicken Sandwich with Onion Relish and Coleslaw salad
Platter of Pineapple

Dinner 2

Fijian Night - Stuffed Freshwater mussels with coconut sauce topped with cheese and Fish baked in coconut cream sauce with Aubergine. Cassava chips and tomato salsa on the side

Breakfast 3

Butter Vanilla Pancakes with Homemade Banana Syrup

Lunch 3

Tropical Chicken Fried Rice with Thai Salad with Peanut dressing
Homemade Mango Juice

Dinner 3

Cream of Pumpkin Soup
Chicken Mushroom Pasta with Garlic Herb Bread

Breakfast 4

Scramble Eggs with Bacon

Lunch - 4

Fijian Tacos - Make your own wrap
Beef in Taco Seasoning/ Chicken in Lemon Masala with Salad, Salsa,Cheese.



Platter of Watermelon

Dinner 4

Curry Night - Assorted Curries, Beef Vindaloo and Prawn Thai Curry / salad and chutneys with rice and homemade Indian bread

Breakfast 5

Coconut Pumpkin Scones/ Banana Pancakes

Lunch 5

Lightly Panfried Fish with Pineapple Salsa and Tartar Sauce served with Taro Chips/ Salad
Homemade lemonade

Dinner 5

Chicken Chowmein Pacific Style with Salad

Breakfast 6

Omelette too your liking

Lunch 6

Kokoda - Marinated Fish in lime coated in coconut cream sauce with spice served with Salad and garlic bread
Platter of Pineapple

Dinner 6

Chicken/ Beef in Blackbean Sauce with rice

Breakfast 7

Scramble Eggs and Bacon

Lunch 7

Antipasto board - Cheese, Crackers, Olives, Avacado, Pastrami, Salmon, Chicken and Salad
Fruit platter

Dinner 7

BBQ - Kebab Night. Chicken, Beef, Prawn with Potato salad / Salad

We can do lasagne, Pizza, Thai etc. Also do dessert if required. I cook a lot for vegans, gluten free or any special diets.