

# Selous River Camp

## MENUS

### BREAKFAST

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*From the Breakfast Buffet Table...*

Teas, Coffee, Milk, Fruit Juice.

Ginger/Chocolate Biscuits

A selection of Fresh Seasonal Tropical Fruits

(Pineapple, Mango, Watermelon, Orange, Banana, Papaya)

Fresh Bread

Cakes & Pastries: (3 of... )

Muffins (Chocolate / Banana), Maandazi (Tanzanian Doughnuts), Sticky Rice Cakes, Cinnamon Whirl, Crostata, Mango/Pineapple Flowers, Oat Flapjacks, Mawani Pastry, Mango/Raspberry/Passionfruit Twists, Raspberry Napoleon Pastry, Mini Mango and Passionfruit Cake, Mini Chocolate Cake.

*Hot From The Kitchen...*

Toast (Selection of Butter, Jams, Honey and Peanut Butter)

Eggs (boiled, fried, poached, omelette, spanish)

Grilled Tomatoes

Pancakes

### LUNCH

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*Light Picnic Lunches...*

*Green Salad or Coleslaw with...*

Individual Vegetable Quiches

Tropical Chicken Rice Salad

Vegetable / Beef Samosas

Cheesy Potato Cakes

Potato and Egg Salad

Beef Meatballs with Sweet Soy Sauce

*...and a selection of fruits, teas, coffee, juice, soft drinks.*

*Lunches in Camp...*

Pizza with Green Salad

Battered Fish and Chips with Tartar Sauce and Salad

Steak and Potato Wedges with Coleslaw

Grilled Tilapia and with Mango Salsa and Coconut Rice

Beef Ravioli with Tomato Sauce

*...fresh fruit salad.*

### DINNER

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#### STARTERS

Bruschetta with "The Mothership" Tomato Salad

Vegetable or Chicken Spring Rolls with Sweet Chilli Sauce

Beef Mishikaki with Courgette Salad

Fish Fingers with tartar sauce and salad

Mini Aubergine Parmigiana

Pumpkin/Butternut/Cucumber Soup in Bread Bowl

Mini Pizza with Green Salad

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Honey BBQ Chicken with Salad  
Coconut Makande Bean Salad

## MAINS

Beef Lasagne with Green Salad  
Beef Wellington with Roast Potatoes and a Red Wine Sauce  
Pepper Steak with Potato Wedges and Green Vegetables  
Beef Stroganoff with Fresh Tagliatelle  
Beef Moussaka with Vegetables  
Steamed Nile Perch with Pumpkin Mash and Buttery Spinach  
Nile Perch in Coconut Sauce with Rice and Pan-Fried Aubergine  
Grilled Tilapia with Mango Salsa and Coconut Rice  
Stuffed Chicken with Roast Potatoes, Gravy and Vegetables  
Chicken Curry with Chapati and Jeera Rice  
Chicken Schnitzel with Mash Potatoes and Courgette Ribbons/Green Veg

## DESSERTS

Lemon Meringue Pie  
Banana Chocolate Springrolls with Amarula Sauce  
Mango and Passionfruit Cake  
Chocolate Mousse  
Passionfruit Tart  
Salted Caramel Cashew Tart  
Rum-Flamed Pineapple with Coconut Lime Ice Cream  
Pineapple Upside-Down Cake  
Banoffee Meringue Roulade  
Lemon and Coconut Slice  
Lemon Drizzle Cake  
Key Lime Pie  
Chocolate Cake ya Ukweli  
Zanzibass