



Tam Taekwon-Do Mudokwan
Master Tam Fook Chee
27 Burrell Street
Beverly Hills NSW 2209



M: 0421 99 66 88 E: tamtkditf@optusnet.com.au

18th August 2017

LETTER OF INVITATION

2017 AAITF National Championship/ World Championship Selections in Sydney, NSW

Dear Grandmaster, Masters and Instructors,

It is with great pleasure and honour for me to invite you and your members to the 2017 AAITF National Taekwon-Do Championships and the Selections for the 2018 13th Junior and 8th Veteran ITF Taekwon-Do World Championship Belarus. This event will be held at the Valentine Sports Park, 235 – 257 Meurants Lane, Glenwood, NSW 2768 on 2nd and 3rd of December 2017. The competition is being organised and hosted by TamTaekwon-Do Mudokwan and Master Tam FookChee.

Preferred accommodation has been negotiated and is available at the Valentine Sports Park, more details can be found in the Registration Package.

Registration Forms are now available to download at www.taekwondo.org.au and include the following:

- Championship Information Pack
- National Individual Registration Form
- Individual Under 14 Years Old Registration Form - Single Event
- Individual Under 14 Years Old Registration Form - Multiple Event
- National Team Registration Form
- National Team Self Defence Form
- Selection Individual Registration Form
- Coaches and Officials Form
- Registration Check List
- Accommodation Information Pack

Club Forms and Fees must be received no later than 13th October 2017. A late fee of \$25 per competitor will apply after this date. No entries will be accepted after 3rd November 2017.

Please ensure that all coaches and competitors thoroughly understands the rules and regulations that will apply at this competition. Your assistance in the jury, corner judging and refereeing will be much appreciated on the day and contribute to the overall success of this event. We look forward to welcoming you at this event.

Thank you.

Yours in Taekwon-Do,
Master Tam Fook Chee



Tam Taekwon-Do Mudokwan
Master Tam Fook Chee
27 Burrell Street
Beverly Hills NSW 2209



M: 0421 99 66 88 E: tamtkditf@optusnet.com.au

World Championship Selection / National Championship Information

Date:

Saturday 2nd December 2017
Sunday 3rd December 2017

Address:

Valentine Sports Park
235 – 257 Meurants Lane
Glenwood NSW 2768
Australia

Start time:

8:30am (Saturday & Sunday)

Registration Information

Requirements:

- All competitors must complete the Medical Form and Wavier.
- It is compulsory for all competitors to have their own sparring equipment as per ITF regulation including groin guard, head protection and chest guard where appropriate.
- Registration to be posted to:

Attn: Master Tam Fook Chee
27 Burrell Street
Beverly Hills
NSW 2209
Australia

Critical Registration Dates – 2017 National Championship

Registration Due Date: 13th October 2017

Late Registration Close: 3rd November 2017 (Registration must be received by this date and no more registration accepted after this date)

National & Selection Events

Individual Events	Team Events
Sparring	Sparring
Patterns	Patterns
Special Techniques	Self Defence
Power Breaking	



Tam Taekwon-Do Mudokwan
Master Tam Fook Chee
27 Burrell Street
Beverly Hills NSW 2209



M: 0421 99 66 88 E: tamtkditf@optusnet.com.au

Under 14 Years Old Rules

2 x 1 Minute round with 30 seconds break. In the case of a draw, an additional 1 minute round will be played. In the case of a second draw, the first to score rule will apply in the next round. Points are only scored if light contact is made to the front of the body, not the back.

Privacy Policy

Your information and privacy are treated seriously. We understand your concerns about how personal information is collected, used and shared. Rest assured that we would take all reasonable steps that your personal information is handled in a careful and secure way.

What we collect

Generally, we collect information such as your name, address, sex, age, phone number, email, weight, height and medical details.

Why we collect information

The information given to us will only be used to process your championship registration and in case of emergency, to allow medical personnel to provide medical treatments. The information collected will not be shared with a third party and will not be used for any other purpose.

How we collect information

Your personal information is collected when you complete and send us the Tournament Registration Form.

Fees (National Championship)

Individual Registration: \$65 per person flat fee for individual events regardless the number of individual events entered.

Individual Under 14 Years Old Registration: \$50 per event and \$65 for registering more than one event.

Team Registration: \$55 per team per event.

Late Registration is accepted between 13th October 2017 to 3rd November 2017. An additional late registration processing fee of \$25 per individual and \$25 per team will apply.

Fees (World Championship Selection)

Individual Registration: \$55 per person flat fee for individual events regardless the number of individual events entered.



Tam Taekwon-Do Mudokwan
Master Tam Fook Chee
27 Burrell Street
Beverly Hills NSW 2209



M: 0421 99 66 88 E: tamtkditf@optusnet.com.au

Payment

Payment can only be made via Cheque, Money Order or EFT. There should only be one single payment for each club.

- Cheque & Money Order is to be made to “Tam Taekwon-Do Mudokwan”
- EFT Details:

Account Name: Tam Taekwon-Do Mudokwan
Bank: Westpac bank
BSB: 032157
Account Number: 297873

Please use your club name then your name as reference when making an EFT payment and then please follow up confirmation with an email.

Club Registration

To help streamline the organisation of the event, registration is to be completed at a club level. Where each club will submit the following all in one package and with one consolidated payment for every registration for the whole club.

- National Individual Registration Form
- Individual Under 14 Years Old Registration Form
- National Team Registration Form
- National Team Self Defence Form
- Selection Individual Registration Form
- Coaches and Officials Form



Tam Taekwon-Do Mudokwan
Master Tam Fook Chee

27 Burrell Street

Beverly Hills NSW 2209

M: 0421 99 66 88 E: tamtkditf@optusnet.com.au



Check List

- Verified & Completed National Individual Registration Form for your club.
- Verified & Completed Individual Under 14 Single Event Registration Form for your club.
- Verified & Completed Individual Under 14 Multiple Events Registration Form for your club.
- Verified & Completed National Team Registration Form for your club.
- Verified & Completed National Team Self Defence Registration Form for your club.
- Verified & Completed Selection Individual Registration Form for your club.
- Ensure completed and signed Medical Form & Wavier for every competitor.
- Completed Coaches and Officials Form
- Calculate total amount payable

Total number of Individual Under 14 Registration Single Event _____ x \$50 = _____

Total number of Individual Under 14 Registration Multiple Event _____ x \$65 = _____

Total number of Individual National Registration _____ x \$65 = _____

Total number of National Team for Sparring _____ x \$55 = _____

Total number of National Team for Patterns _____ x \$55 = _____

Total number of National Team for Self Defence _____ x \$55 = _____

Total number of Individual Selection Registration _____ x \$55 = _____

Total amount payable = _____
(Sum of above total amount)



AAITF Australian Selection Championships 2017
Sydney, New South Wales, Australia Hosted by Tam Taekwon-Do Mudokwan
Club Individual Under 14 Years Old Registration Form – Single Event



Club Name: _____

Club Instructor Name: _____

Total Number of Competitors: _____

	First Name	Last Name	DOB	Age	Sex (M / F)	Rank (Gup / Dan)	Weight (Kg)	Height (cm)	Individual Events (Please Tick One)			Registration Fees
									Patterns	Sparring	Special Technique (Flying High Kick Only)	Individual (\$50)
1												
2												
3												
4												
5												
6												
7												
8												
9												
10												
11												
12												
13												
14												
15												

Registration Fee Total: _____



AAITF Australian Selection Championships 2017
Sydney, New South Wales, Australia Hosted by Tam Taekwon-Do Mudokwan
Club Individual Under 14 Years Old Registration Form – Multiple Event



Club Name: _____ Club Instructor Name: _____ Total Number of Competitors: _____

	First Name	Last Name	DOB	Age	Sex (M / F)	Rank (Gup / Dan)	Weight (Kg)	Height (cm)	Individual Events (Please Tick)			Registration Fees
									Patterns	Sparring	Special Technique (Flying High Kick Only)	Individual (\$65)
1												
2												
3												
4												
5												
6												
7												
8												
9												
10												
11												
12												
13												
14												
15												

Registration Fee Total: _____



AAITF Australian National Championships 2017
Sydney, New South Wales, Australia Hosted by Tam Taekwon-Do Mudokwan
Nationals Individual Registration Form
To be completed by Club Instructor for each Club



Club Name: _____ Club Instructor Name: _____ Total Number of Competitors: _____

	First Name	Last Name	DOB	Sex (M / F)	Rank (Gup / Dan)	Weight (Kg)	Height (cm)	Individual Events (Please Tick)				Team Events (Please write team Name)			Registration Fees	
								Patterns	Sparring	Power Breaking	Special Technique	Sparring	Patterns	Self Defense	Individual (\$65)	
1																
2																
3																
4																
5																
6																
7																
8																
9																
10																
11																
12																
13																
14																
15																

Registration Fee Total: _____



AAITF Australian Selection Championships 2017
Sydney, New South Wales, Australia Hosted by Tam Taekwon-Do Mudokwan
Selection Individual Registration Form
To be completed by Club Instructor for each Club



Club Name: _____ Club Instructor Name: _____ Total Number of Competitors: _____

	First Name	Last Name	DOB	Sex (M / F)	Rank (Gup / Dan)	Weight (Kg)	Height (cm)	Individual Events (Please Tick)				Team Events (Please write team Name)			Registration Fees
								Patterns	Sparring	Power Breaking	Special Technique	Sparring	Patterns	Self Defense	Individual (\$55)
1															
2															
3															
4															
5															
6															
7															
8															
9															
10															
11															
12															
13															
14															
15															

Registration Fee Total: _____



AAITF Australian National Championships 2017
Sydney, New South Wales, Australia
Hosted by Tam Taekwon-Do Mudokwan



MEDICAL FORM

MEDICAL INFORMATION & AUTHORISATION FOR EMERGENCY TREATMENT AND CONDITIONS OF UNDERTAKING ACTIVITY

SECTION ONE: Participant's Personal Details *(Information held in confidence)*

Last Name		First Name	
D.O.B	/	/	Male / Female <i>(circle one)</i>
Address			
Suburb/City		Post Code	
Country		Home Phone	
Email			
Work Phone/Mobile			
Emergency Contact (Name)		Relationship to you	
Home Phone		Work/Mobile	
Name of Family Doctor		Work Phone	
Have you had experience competing at the international level? Yes / No			
Medicare Number		Other Health Care? <i>(Please Specify)</i>	
Blood Group <i>(if known)</i>			

SECTION TWO: Participant's Medical History

Please indicate if you have suffered or suffer from any of the following conditions:

High Blood Pressure		Dizzy Spells or Blackouts		Migraines	
Low Blood Pressure		Sleepwalking		Travel Sickness	
Fits of any type		Asthma		Haemophilia	
Heart Conditions		Diabetes			
Other <i>(please specify)</i>					

Please specify any **Known Allergies** (eg. penicillin, other drugs, foods, plants, animals). Give details describing seriousness, nature of reaction and necessary treatment:

Are you able to receive **Blood Transfusions**? (Yes or No):

Which year did you have your last **Tetanus Immunisation** or booster?

Please specify **Medication** that you may be taking during the activity (Name and dose of medication):

Have you suffered any recent **Illness or Injuries**? (If Yes, please provide details):



AAITA Australian National Championships 2017
Sydney, New South Wales, Australia
Hosted by Tam Taekwon-Do Mudokwan



SECTION THREE: Conditions of Undertaking Activity

Release The undersigned, in consideration of being permitted by the Tam Taekwon -Do Mudokwan to compete in the competition DOES HEREBY irrevocably, personally and for his or her heirs, RELEASE the Tam Taekwon -Do Mudokwan and/or their directors, officers, members, employees, volunteers, representatives, agents, the activity holders and sponsors from all actions, suits, causes of action, claims and demands whatsoever which the undersigned now has or at any time hereafter may have or which but for the signing of this form might have had against the Tam Taekwon-Do Mudokwan and/or their directors, officers, members, employees, volunteers, representatives, agents, the activity holders and sponsors for loss of or damage to property or bodily injury or death, howsoever caused, including negligence, resulting from or arising out of or in any way connected with the activity/competition.

The undersigned in consideration of and as a condition of entry into this competition, for myself, my heirs, executors and administrators hereby acknowledge and agree that I participate in this competition entirely at my own risk, and shall not hold my parent body, tournament organisers, venue administrators, or hosting body and associated officials responsible in any way for injury or loss of any kind. I also acknowledge that I am participating in a body contact activity and will be required to attempt activity capable of causing injury. There is always a risk of bodily injury and this tournament I am applying to participate in will be undertaken entirely at my own risk, and I undertake that I may make no claims, implied or otherwise, as a result of this competition. Photos of me may be taken and may appear in Tam Taekwon-Do Mudokwan magazine, newsletter, website, in print, electronic or video media. I have read the Privacy Policy and give consent to collect my personal information.

Assumption of Risk The undersigned further states and affirms that he or she is aware that the activity, even under the safest conditions possible, may be hazardous; that he or she has received an activity program outlining planned activities and is aware of potential risks; and that he or she assumes the risk of any and all loss of or damage to property and/or bodily injury or death, howsoever caused, including negligence, resulting from, arising out of or in any way connected with the activity, and that he or she has read and understands all the provisions herein contained.

Indemnity The undersigned hereby agrees to indemnify and keep indemnified the Tam Taekwon -Do Mudokwan and/or their directors, officers, members, employees, volunteers, representatives, agents, the activity holders, sponsors and each of them against any claim, suit, action or demand brought against them or each of them by any person for loss of or damage to property or bodily injury or death caused by any act or omission of the undersigned (including criminal, reckless or negligent acts or omissions) whilst participating in or otherwise in connection with the activity/competition.

Competitor Responsibility The undersigned agrees as a representative of ITF to act in an appropriate manner as well as respecting and following all instructions from officials and relevant authorities. Competitors who are successful in the World Championship Selection must attend appropriate level of squad team training before allowed to compete at the World Championship.

Participant Authorisation for Emergency Treatment

In the event of myself requiring medical attention (or my son or daughter), I understand that the person in charge of the activity will endeavour to communicate with me concerning the required action. If this is not possible, the person in charge will administer or seek whatever treatment he/she judges to be reasonably necessary.

Participant's Signature:	Date:
---------------------------------	--------------

** Where the Participant is under 18 years of age, his/her Parent or Guardian must complete the following acknowledgement:*

I HEREBY STATE that I have read and understood the provisions of this form and I consent to the participant undertaking the activity on the terms herein contained. I agree to indemnify and keep indemnified Tam Taekwon-Do Mudokwan and/or their directors, officers, employees, volunteers, representatives, agents, the activity holders and sponsors against any claim suit or demand brought against them or each of them by any person for loss of or damage to property or bodily injury or death caused by any act or omission of the participant (including criminal, reckless or negligent acts or omissions) whilst undertaking the activity/competition.

Parent/Guardian's Name:	
Parent/Guardian's Signature:	Date:



AAITF Australian National Championships 2017
Sydney, New South Wales, Australia
 Hosted by Tam Taekwon-Do Mudokwan



MALE & FEMALE TEAM REGISTRATION FORM

Registration Fee: \$55 per team per event

- Each team must have **5 members** (* *Team Patterns may have 3 to 5 members*)
- Each team member must also complete an *Individual Competitor's Registration form* and a *Medical Form*

MALE Team Event	Club Name:	FEMALE Team Event	Club Name:
Please Circle: Pattern / Free Sparring / Both			
Team Name:		Team Name:	
Competitor Name		Competitor Name	
1		1	
2		2	
3		3	
4		4	
5		5	
Please Circle: Pattern / Free Sparring / Both			
Team Name:		Team Name:	
Competitor Name		Competitor Name	
1		1	
2		2	
3		3	
4		4	
5		5	
Please Circle: Pattern / Free Sparring / Both			
Team Name:		Team Name:	
Competitor Name		Competitor Name	
1		1	
2		2	
3		3	
4		4	
5		5	



AAITF Australian National Championships 2017
Sydney, New South Wales, Australia
Hosted by Tam Taekwon-Do Mudokwan



MALE / FEMALE SELF DEFENCE REGISTRATION FORM

Registration Fee: \$55 per team

MALE		FEMALE	
<ul style="list-style-type: none">• Each team must have 4 members – One Male versus Three Males• <i>Each team member must also complete an Individual Competitor's Registration form and a Medical Form</i>		<ul style="list-style-type: none">• Each team must have 3 members – One Female versus Two Males• <i>Each team member must also complete an Individual Competitor's Registration form and a Medical Form</i>	
Competitor Name		Competitor Name	
1		1	
2		2	
3		3	
4			
Competitor Name		Competitor Name	
1		1	
2		2	
3		3	
4			
Competitor Name		Competitor Name	
1		1	
2		2	
3		3	
4			



AAITF Australian National Championships 2017
Sydney, New South Wales, Australia
Hosted by Tam Taekwon-Do Mudokwan



COACHES AND OFFICIALS LIST

CLUB:

Coaches: *Coaches must complete the Coach Registration Form*

#	Last Name	First Name
1		
2		
3		
4		

Umpire/Official List:

#	Name	Rank <i>(Circle One)</i>	Experience Level #						Competing <i>(Circle One)</i>
			A	B	W	N	S	C	
1		Gup/Dan							Yes / No
2		Gup/Dan							Yes / No
3		Gup/Dan							Yes / No
4		Gup/Dan							Yes / No
5		Gup/Dan							Yes / No
6		Gup/Dan							Yes / No
7		Gup/Dan							Yes / No
8		Gup/Dan							Yes / No
9		Gup/Dan							Yes / No
10		Gup/Dan							Yes / No
11		Gup/Dan							Yes / No
12		Gup/Dan							Yes / No
13		Gup/Dan							Yes / No
14		Gup/Dan							Yes / No
15		Gup/Dan							Yes / No

Umpire **A** / Umpire **B** / **W**orld / **N**ational / **S**tate / **C**lub

Details Authorised/Verified By:

Name:

Club Position:

Signature:



Tam Taekwon-Do Mudokwan
Master Tam Fook Chee

27 Burrell Street

Beverly Hills NSW 2209

M: 0421 99 66 88 E: tamtkditf@optusnet.com.au



Accommodation Information Pack

The newly refurbished accommodation at Valentine Sports Park, Glenwood, is an ideal location for sports team accommodation in Sydney.

As the accommodation is located 50 meters away from an indoor sports complex, two synthetic fields and three grass fields, you can host training camps, sporting competitions, referee and coaching conferences and more.

Valentine Sports Park has capacity for up to 192 tenants in one period. The accommodation offers 38 quad share rooms, 20 twin share rooms and three breakout function rooms in which guests can relax or stage meetings.

Each room contains a private bathroom, carpeted floors, balcony access, air conditioning, television, tea/coffee making facilities, linen and towels. The rooms are serviced daily to ensure your stay is as comfortable as possible.

Valentine Sports Park offers complete flexibility in your dining experience. Stay with us and we'll handle breakfast, lunch and dinner. Lunches can be packed or arranged on-site. You can even choose which meals you'd like catered for your stay.

Sporting Location

Valentine Sports Park is located in Glenwood, Sydney and has two synthetic playing fields, three grass fields and an indoor sports complex, three conference/function/meeting rooms and is located near a range of activities:

- 3 minute drive to Sydney Ice Arena
- 20 minute drive to Blacktown International Sportspark
- 25 minute drive to Sydney Olympic Park

Accommodation and Location Features

- Three breakout rooms for you to stage meetings, relax, entertain, or use for recovery/rehab. All breakout rooms include lounges, flat screen TV, free WiFi, air conditioning, whiteboard, pool table and table tennis table
- Field hire
- Court hire
- Function space hire (suitable for conferences, meetings, group training)
- Onsite cafe open to the public. The cafe serves freshly made meals prepared on site. The cafe is the perfect place to catch up for a quick coffee or sit down for a meal.



Tam Taekwon-Do Mudokwan

Master Tam Fook Chee

27 Burrell Street

Beverly Hills NSW 2209

M: 0421 99 66 88 E: tamtkditf@optusnet.com.au



Double Bunk Rooms



The 38 double bunk rooms each accommodate 4 people. The rooms contain:

- 2 Bunk beds
- Private bathroom
- Air-conditioning
- Flat screen television
- Bar fridge
- Tea and coffee making facilities

King Single Rooms



The 20 king single rooms each accommodate 2 people. The rooms contain:

- 2 King single beds
- Private bathroom
- Air-conditioning
- Flat screen television
- Bar fridge
- Tea and coffee making facilities



Tam Taekwon-Do Mudokwan

Master Tam Fook Chee

27 Burrell Street

Beverly Hills NSW 2209

M: 0421 99 66 88 E: tamtkditf@optusnet.com.au



Breakout Rooms



The 3 breakout rooms create a new level of comfort for guests. The rooms contain:

- 60" plasma television
- DVD player
- XBOX
- Whiteboard



Tam Taekwon-Do Mudokwan
Master Tam Fook Chee
27 Burrell Street
Beverly Hills NSW 2209



M: 0421 99 66 88 E: tamtkditf@optusnet.com.au

The organisers have secured accommodation rooms at special discounted rates at the Valentine Sports Park. Bookings can be made at:

<http://valentinesportspark.com.au/booking-form/>

Below is the costing for accommodation:
(per person per night, excluding GST)

Bed Only	\$60.00
Bed and Continental Breakfast	\$76.80
Bed and Cont. Breakfast + Lunch	\$93.60
Bed and Cont. Breakfast + Dinner	\$100.80
Bed and Cont. Breakfast + Lunch & Dinner	\$117.60
Bed and Full Breakfast	\$83.40
Bed and Full Breakfast + Lunch	\$100.20
Bed and Full Breakfast + Dinner	\$107.40
Bed and Full Breakfast + Lunch & Dinner	\$124.20
Bed and Lunch	\$76.80
Bed and Lunch + Dinner	\$100.80
Bed and Dinner	\$84.00

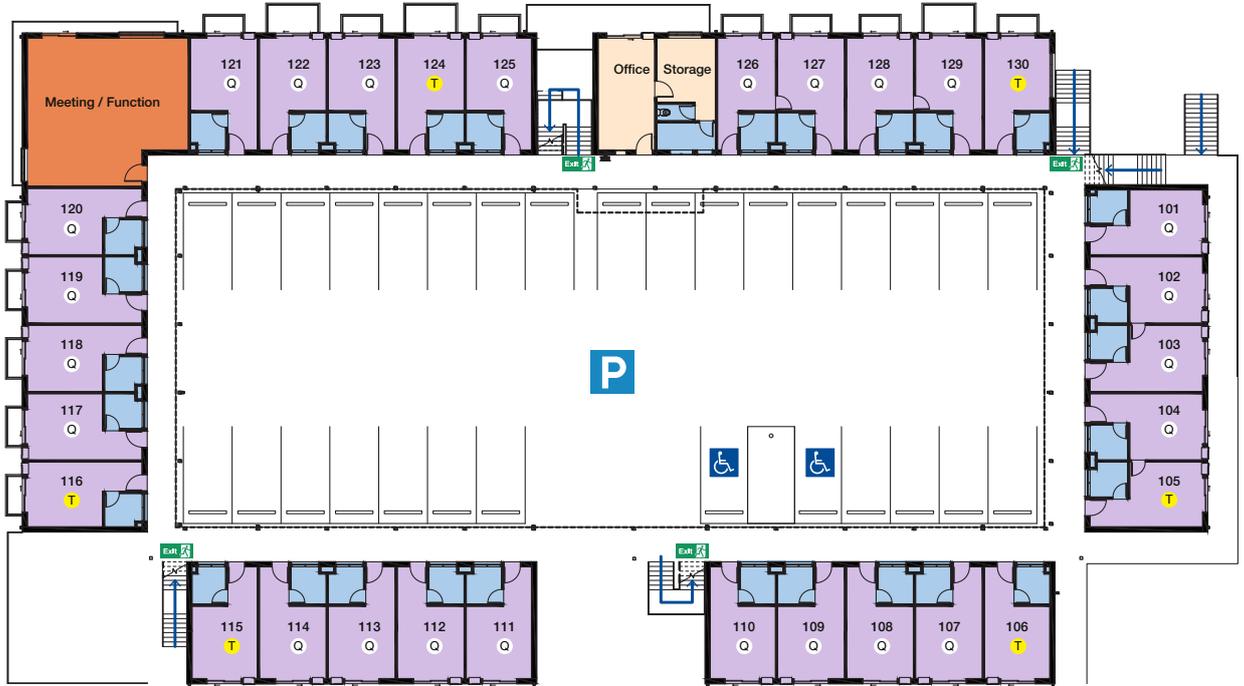
Attached with this package, includes the catering menu and the accommodation floor plan.
For more information please go to <http://valentinesportspark.com.au/accommodation/>

Other accommodations

Alternate accommodations are also available nearby. You will need to conduct your own research to find the accommodation that is most appropriate for you.

ACCOMMODATION FLOOR PLAN

LEVEL 1



LEVEL 2



-  Change Rooms
-  Toilets / Amenities
-  Accommodation
-  Night Manager
-  Food & Beverage / Retail
-  Store (St.)

-  Field of Play / Sports
-  Office / Admin.
-  Education
-  Meeting / Function
-  Spectator Seating

-  Quad Accommodation
-  Twin Accommodation
-  Female Toilets
-  Male Toilets
-  Accessible Amenities

-  Lift
-  Food and Beverage
-  Parking
-  Fire Exit
- Ops: Operations
- MO: Match Official

BREAKFAST

CONTINENTAL

VARIETY OF 3 - CHANGED DAILY

Natural Honey Yogurt

Variety of Fruit Yogurt

Bircher Muesli

Selection of Cereals, including:

All Bran, Special K, Weet Bix, Crunchy Nut,
Sultana Bran, Fruit'n'Fibre with Full Cream Milk

Mini Homemade Muffins

HOT BREAKFAST

VARIETY OF 4 - CHANGED DAILY

Bakers Basket: Slice Bread - White/Wholemeal

Pancakes with Maple Syrup

Free Range Egg: Scrambled, Fried or Poached

Grilled Pork or Beef Chipolata Sausages

Slow Roasted Tomatoes

Crispy Hash Browns

Baked Breakfast Frittata – with Veg Option

LUNCH

SELF-SERVE

Selection of Salads:

Caesar, Nicoise, Garden, Salami & Pasta Salad,
Greek Salad and Farmhouse Potato Salad

Antipasto Selection:

Cold Meats, Cheeses, Char-Grilled Vegetables

Assortment of Bread:

White, Wholemeal and Sourdough Rolls
and Slice Bread

Variety of Frittatas

Seasonal Fruit or Cake

Includes: Matching Condiments

*Changed Regularly with Takeaway Storage Option Provided

DINNER

PROTEIN 2 ITEMS

Slow Roasted Garlic and Rosemary Lamb

Basil Chicken Stir Fry

Lamb Rogan Josh

Char-Grilled Rump Steak w/ Mushroom Jus

Nasi Goreng with Chicken Prawns and Eggs

Roast Pork Loin with Apple Sauce

Penne Bolognese – Chicken

Mongolian Beef

Chicken Thigh Fillet Roasted w/ Lemon Thyme

Chorizo and Oven Roasted Tomato Pasta

Lamb Souvlaki with Tzatziki Dip

Traditional Tuna Bake

VEGETABLES 1 ITEM

Assorted Roast Vegetables

Baby Beetroot with Sugar Snap Peas

Balsamic Roast Parsnips & Carrots

Steamed Baby Bok Choy

Baked Pumpkin & Cajun Sweet Potato

Stir Fry Asian Greens with Soy Sauce

CARBS 1 ITEM

Steamed Aromatic Basmati Rice

Mushroom Risotto

Fluffy Garlic Mash

Gnocchi with Sautéed Mushrooms

Pasta Bake with Pesto Cream Sauce

Lemon & Rosemary Baby Potatoes

SALADS 2 ITEMS

Green Bean Salad with Mushroom

Cos Lettuce with Caesar Condiments

Tomato and Pesto Salad

Avocado & Sweet Potato Salad

Farmhouse Potato Salad

Mediterranean Pasta Salad

Rocket and Parmesan Salad

DESSERT

Seasonal Fresh Fruit Platter