

OPAL HEALTHY CATERING MENU



Following on from the introduction of the Rural City of Murray Bridge's healthy catering policy, listed below are healthy catering options that are available at local businesses in Murray Bridge.

McCues Bakery

60 Adelaide Rd, Murray Bridge - (08) 8532 2111

mccue@lm.net.au

48 hour notice required – delivery available.

Healthy Mixed Sandwiches	\$ 3.90 each
Healthy Mixed Rolls	\$ 5.20 each
Healthy Baguettes	\$ 5.40 each
Healthy Wraps	\$ 5.40 each
Fruit Scones	\$ 1.00 each
Chicken and Salad Platter	\$46.00 (1 chicken)
	\$55.00 (2 chickens)
Fruit Platter	\$45.00

GCS

55 Adelaide Rd, Murray Bridge

(08) 8531 3261

orders@thegcs.com.au

24 hour notice required – delivery available.

Healthy Baguettes

Veggie Slice

Salads

Fruit Platter

Prices vary according to item.

Morning Tea \$3.5 - \$700 per person

Lunch \$7 - \$15 per person

Afternoon Tea \$3.50 - \$7.00 per person

Wals Bakery

21 Seventh St, Murray Bridge

Margie – (08) 8532 5544

24 hour notice required – pick up only.

Chicken and Salad Platter	\$40.00
Fruit Platter	\$40.00
OPAL Sandwiches	\$ 4.65
OPAL Rolls	\$ 5.05
Soup	\$ 5.50

Farm Fresh

185 Adelaide Rd, Murray Bridge

(08) 8531 2888

farmfreshmb@hotmail.com

Order before 12pm previous day – delivery available

Fruit Salad (Serves 10)	\$30.15
Bean Medley and Corn Salad (Serves 10 – 12)	\$21.30
Greek Salad (Serves 8 – 10)	\$31.74
Light Past Salad (Serves 10 – 12)	\$20.90
Moroccan Couscous (Serves 10 – 12)	\$26.60
Thai Noodle Salad (Serves 10 – 12)	\$29.80

Lovells Bakery

1/3 Swanport Rd, Murray Bridge

(08) 8532 4637

48 hour notice required – pick up only.

Healthy Sandwiches	\$ 3.50 each
Healthy Rolls	\$ 3.50 each
Chicken and Salad Platter	\$ 8.00 per person
Veggie Slice & Garden Salad	\$ 9.00 per person

Subway

32 Adelaide rd, Murray Bridge

(08) 8532 6490

24 hour notice required – pick up only.

Sandwich Platter (Serves 5 – 8)	\$40.00
Sandwich Platter (Serves 9 – 11)	\$55.00
Wraps are also available	

Personal Chef Catering

Niki Davies

0412 580 566

1 week notice required – delivery available

OPAL Baguettes & Sandwiches	\$10.00 per head
OPAL Soup, Crusty Bread & Fruit	\$14.00 per head
OPAL Variety Pack	\$16.00 per head
- Mini chicken skewers	
- Baseless quiches	
- Triangle sandwiches	
- Dips platter	

When ordering morning tea, afternoon tea and light lunch please keep in mind portion sizes as the above sizes cater for lunch.



Woolworths

Marketplace, Murray Bridge
(08) 7501 6200

24 hour notice required – pick up only.

Gourmet Wholegrain Lavish Wraps	\$36.98
Chicken and Salad Platter - Tabouleh, Tomato & Basil Salad	\$29.98

Sweet Deliverance

Marketplace, Murray Bridge
Cindy Rayson – (08) 8532 1233
cindy@sweetdeliverance.com.au

48 hour notice required – pick up only.

Zucchini Slice (20 – 24 pieces)	\$30.00
Quiche (20 – 24 pieces)	\$30.00
Sandwiches	\$ 4.70 each
Savoury Scones	\$ 3.00 each
Wraps	\$ 6.00 each
Fruit Platter	Seasonal price
Dips Platter	\$15.00 - \$20.00
Bruschetta Platter	\$20.00 - \$30.00

Deb Taylor Gourmet Foods

Deb Taylor- 0419 819 066
debtaylorscatering@hotmail.com

48 hour notice required – delivery available.

Wholemeal or rye sandwiches and wraps	\$ 6.50 each
<u>Soup</u>	\$ 6.00 per head
Variety of choices	
<u>Mains</u>	\$13.00 per head
Moroccan lamb shanks	
Malaysian honey chicken	
Spanish lamb meatballs	
Greek style beef cheeks	
Lamb & fig tajine	
Beef burgundy	

Sakura Sushi

Marketplace, Murray Bridge
(08) 8531 0008

24 hour notice required – pick up only.

Vegetarian Tray (60 pieces)	\$35.00
Mixed Party Tray (75 pieces)	\$40.00

IGA

102 Adelaide Rd, Murray Bridge
(08) 8531 0090

Prefer 1 weeks' notice

Fresh Snack Platter	
Roast Chicken and Salad Delight	
Fresh Fruit Platter	
Country Rolls Selection	
Gourmet Salad Platter	
Berry and Muesli Yoghurt Bliss	
(See brochure attached)	
Small (10 – 20 people)	= \$45.00
Large (20 – 30 people)	= \$55.00

Coles

Mannum Rd, Murray Bridge
(08) 8531 0768

24 hour notice required – pick up only.

Gourmet Antipasto Platter	\$45.00
(Serves 10 – 12)	
Fresh Fruit Platter	\$30.00
(Serves 8 – 10)	

Wild Rice Catering

Annette McNicol
0413 808 586
amcnicolaja@optusnet.com.au

48 hour notice required – delivery available.

Baguettes	\$ 8.10
Sandwiches	\$ 6.00
Fruit Platter	
- Small	\$48.00
- Large	\$55.00
Chicken and Salad Platter	
- Medium	\$45.00
- Large	\$55.00
Lasagne (15 small serves)	\$40.00
Zucchini Slice	\$35.00
Noodle/Tossed Salad	\$15.00 - \$20.00
(10 people)	
Soup & Bread	\$ 5.00

*This resource is offered as a guide to assist with selection of healthy choices. The Rural City of Murray Bridge does not endorse the featured products or suppliers

*Prices correct at time of printing

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