



## LIVE-IN RETREAT

### Self Catering for Retreat

Typically, retreat centres cater for all the meals for their guests. The chef creates the menu. Only some chefs can manage dietary requirements. The beauty of self-catering for your retreat is that the menu is whatever you want. You are not dependent on the preferences of the chef.

- See what is provided in the retreat room to make self catering easy.
- Explore different self-catering options from making fresh meals onsite to ordering in prepared food online.

### Self Catering Equipment and Provisions

The “pantry” cupboard houses a variety of kitchen appliances including toaster, microwave and electric fry pan that make self catering easy. A small fridge with separate freezer compartment means you can bring your own fresh and frozen food.



Cooking utensils include ceramic bowls and casserole dish.

Microwave safe containers together with microwave cookbooks offer versatility.

Chopping boards and knives are provided.

There is plenty of shelf space to store your supplies.

For setting the table place mats, serviettes are available, together with a range of crockery and cutlery.

Dish washing supplies, including two plastic bowls, are kept in the bathroom, under the hand basin.



Importantly, condiments are provided, like olive oil, salt and pepper and a range of herbs and spices.

Fresh herbs grow in a pot in the courtyard.



An electric kettle, tea pot, coffee plunger and mugs sit together at a tea and coffee station.

Both instant coffee and ground coffee is provided.

Assorted types of tea, including herbal tea, are also provided.

## Self Catering Options

There are various ways to self cater for your retreat, including:

- BYO frozen food. Plan for the retreat. Freeze portions of your favourite home-cooked meals to bring along with you.
- Bring or buy fresh ingredients and make simple meals in your room.
- Order meals from restaurants and have them delivered by delivery services.
- Purchase prepared food locally from cafes or take away venues and bring it back to your room.

## Order Prepared Meals Online

This is a good option for those planning five days or longer on retreat. Food preparation is already done so one less thing to think about. Select meals for the length of the retreat and have them delivered after you have arrived. The following tables list catering businesses that deliver to Heidelberg West.

### CATERING FOR GENERAL HEALTHY MEALS

Business	Minimum Spend	Order & Delivery
<a href="#">Lite n' Easy</a>	\$51	Thursday
<a href="#">Youfoodz</a>	\$49	Order by 7 pm for next day delivery

This information is offered as a service to help your retreat preparations. I have no direct experience of these companies, nor do I receive any benefit from them. As I said, they deliver to Heidelberg West, hence they are listed – in alphabetical order. Data correct on 2 July 2020, please check accuracy yourself on each website.

### CATERING FOR SPECIFIC DIETARY REQUIREMENTS

Business	Minimum Spend	Order & Delivery	Dietary Needs
<a href="#">Be Fit Food</a>	Over \$177 free delivery. Less \$177 + \$19 delivery	Order 11.30 am for delivery 2 days later. (Except Friday when delivery is Tuesday.)	GF, VG, VE, other allergen "frees."
<a href="#">DietLicious</a>	\$50 + \$12 delivery	Tuesday & Friday	GF, DF, VG, VE, Keto and other allergen "frees."
<a href="#">Dineamic</a>	\$60	Order by midnight today for delivery 4 days later.	GF, DF, VG, VE, Fructose Friendly, Low FODMAP.
<a href="#">Nourish'd</a>	Minimum 5 meals from \$12.75 each: see "Packs" page. Delivery fee \$10	Order by 5pm Thursday for delivery the following Tuesday	GF, DF, VE, Keto, Nut Free, Paleo.
<a href="#">Thrive</a>	\$80/free shipping	Orders close Thurs midnight for Sun-Tues Delivery	DF, VE, Nut Free, Keto, Paleo, Low Carb.
<a href="#">We Feed You</a>	\$99/free delivery. Less than \$99 + \$10 delivery	Tuesday, Thursday & Saturday	GF, VG, VE, Diabetic Friendly, Low Salt, Low Fructose and Low FODMAP, Lactose Free.

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## Conclusion

Self catering means complete control over what you eat. This is especially important for those with dietary requirements. A well equipped "pantry" cupboard enables simple meal preparation. Create your own combination of prepared and fresh meals to suit yourself.