



STANDARD 4 NIGHT SCHOOL CAMP MENU*



Monday

Lunch

| | Allergies |
|------------------|-----------|
| BYO packed lunch | NA |

Dinner

| | |
|--|--|
| Lasagne with garlic bread and a medley of vegetables | <i>Contains gluten, egg, dairy and animal products</i> |
| Various Bolognese | <i>Allergy alternative. Made to suit all needs</i> |
| Ice cream and two fruits | <i>Options to cater for all</i> |

Tuesday

Lunch

| | |
|----------------------------------|--|
| Burgers on the barbeque | <i>Contains gluten, egg, dairy and animal products</i> |
| Burgers for allergy requirements | <i>Allergy alternative. Made to suit all needs</i> |

Dinner

| | |
|---|---|
| Chicken Schnitzel, gravy, chips and salad | <i>Contains animal products. Gluten Free option available</i> |
| Pastie and chips *Vegan option* | <i>Contains gluten</i> |
| Apple crumble and custard | <i>Options to cater for all</i> |

Wednesday

Lunch

| | |
|-------------------------|--|
| Chicken and salad wraps | <i>Gluten free wraps available. Topping options to cater for all</i> |
|-------------------------|--|

Dinner

| | |
|---|---------------------------------|
| Sausages, Coonawarra chips and vegetables | <i>Contains animal products</i> |
| Vegan sausages and chips | <i>Contains soy and gluten</i> |
| Chocolate pudding | <i>Options to cater for all</i> |

Thursday

Lunch

| | |
|--------------------------------------|----------------------------------|
| Baked potatoes with various toppings | <i>Toppings to cater for all</i> |
|--------------------------------------|----------------------------------|

Dinner

| | |
|--------------------|---|
| Tacos | <i>Caters for all. Vegan toppings and gluten free wraps available</i> |
| Ice cream in cones | <i>Options to cater for all</i> |

Friday

Lunch

| | |
|-------------|--|
| Salad rolls | <i>Made to order with gluten free roll option and various toppings</i> |
|-------------|--|

Breakfast will be a selection of cereals, toast, yoghurt, fruit, juice and one hot option each morning. Hot options include scrambled eggs, bacon, Hashbrowns, baked beans, porridge, and pancakes.

Morning tea, afternoon tea and **supper** will be provided. This will include fruit and various cakes, biscuits, and slices. Water and/or cordial will be served at any/all meal times.

Fresh Fruit is always available.

Birthday Cakes are prepared for supper if we have adequate notice.

Dietary needs are to be given to Coonawarra 2 weeks in advance so we can cater accordingly.

Nut Allergies are catered for as we are a NUT FREE camp.

Anaphylaxis and other special needs

We understand that some children have dietary requirements that can be life threatening or that fall outside of what is considered normal. If as a parent you feel you need to send along some pre-cooked alternatives, please do so. Let us know before camp and we will make the necessary arrangements.

BYO Food

Please do not bring any foods with nuts, as we are a nut free camp. This includes nut milk.

**Please note that meals may be served on alternative days and are subject to change.*