



# STANDARD 4 NIGHT SCHOOL CAMP MENU\*



## Monday

### Lunch

	Allergies
BYO packed lunch	NA

### Dinner

Pasta bake 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>
Apple crumble and custard	<i>Options to cater for all</i>

## Tuesday

### Lunch

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

Sausages, mashed potatoes and vegetables	<i>Contains animal products</i>
Vegan alternative	
Ice cream and two fruits	<i>Options to cater for all</i>

## Wednesday

### Lunch

Burgers	<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>
Chocolate pudding	<i>Options to cater for all</i>

## Thursday

### Lunch

Baked potatoes with various toppings	<i>Toppings to cater for all</i>
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### Dinner

Taco bowls	<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>
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**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.*