



STANDARD SCHOOL CAMP MENU*



Monday

Lunch

	Allergies
BYO packed lunch	NA

Dinner

Chicken Schnitzel, gravy, chips and salad	<i>Contains animal products. Gluten Free option available</i>
Eggplant Parmigiana	<i>Allergy alternative. Made to suit all needs</i>
Sticky Date Pudding with ice cream	<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>
Mixed vegetable stew	<i>Vegetarian/vegan option</i>
Apple crumble with custard	<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

Pasta bake, garlic bread and vegetables	<i>Contains animal products. Gluten Free option available</i>
Vegetarian option available	<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, spaghetti, 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.*