

MENU FOR GLUTEN FREE - DAIRY FREE - VEGETARIAN

DAY ONE - arriving day	DAY TWO	DAY THREE - departing day
<u>ARRIVAL TO CAMP - 10.30AM</u>	<u>BREAKFAST @ 7:30am</u>	<u>BREAKFAST 7:30am</u>
<p>*AAR provides afternoon tea as the first serving/meal.</p> <p>* All morning and afternoon teas are served with cordial</p> <p>* Please let our staff know if you prefer water only at Dinner for the students</p>	<p>Gluten Free: Pancakes: Use GF Flour Bread: Make Sure there is GF bread</p> <p>Dairy Free: Pancakes: Use Almond or Rice Milk & no butter Milk: Make Sure there is Milk available</p>	<p>Gluten Free: Bread: Make Sure there is GF bread</p> <p>Dairy Free: Boiled Eggs : Milk: Make Sure there is Milk available</p>
	<u>MORNING TEA @10.55am</u>	<u>MORNING TEA @ 9.45am</u>
<u>LUNCH - at camp - time discussed upon arrival</u>	<u>LUNCH @ 12.25pm</u>	<u>LUNCH - packed Lunch</u>
EVERYONE BRINGS THEIR OWN PACKED LUNCH	<p>Suitable for Gluten Free - Dairy Free - Vegetarian - Halal Baked Potatoes: * Coleslaw * Corn Kennels * Cooked Shredded Ham * Beetroot * Diced Tomatoes * Pineapple * Butter * Shredded Cheese * Sour Cream</p>	<p>Gluten Free: Bread: Make Sure there is GF bread</p>
<u>AFTERNOON TEA @ 3.40pm</u>	<u>AFTERNOON TEA @ 3.40pm</u>	
<p>Gluten Free - Dairy Free & Soy Free: Brownie Slice</p>	<p>Gluten Free - Dairy Free & Soy Free: Honey Oat Slice</p>	
<u>DINNER @ 5.50pm</u>	<u>DINNER @ 5.50pm</u>	<u>ALLERGIES AND INTOLERANCES</u>
<p>Pasta Bake: served with garlic bread</p> <p>Gluten Free - Dairy Free & Soy Free: Pasta: Use Gluten Free Pasta & Dairy Free White Sauce Make this dish a combined pasta for both dietaries</p> <p>Vegetarian: Pumpkin & spinach Vegetarian Lasagna with tomato base sauce</p> <p>Cut up in serves and freeze as serves</p>	<p>Chicken Schnitzels: served with gravy</p> <p>Gluten Free - Dairy Free & Soy Free: Chicken: Plain Oven baked chicken breast Or cut up breast and self crumb with GF/DF crumbs Chips: Check packaging for ingredients.</p> <p>Vegetarian: Vege Patties x2 each</p>	<p>Dietary requests are provided for each meal as mentioned below</p> <p>BREAKFAST: GF/DF Pancakes are provided GF Toast is provided</p> <p>LUNCH: GF Bread is provided for rolls day</p> <p>MORNING/AFTERNOON TEAS: Separate slices are made according to dietaries</p> <p>DINNER: GF Pasta is served for Pasta Bake night GF - Can't have Garlic Bread on pasta night Plain Chicken Breast - served to GF/DF & Soy Free allergies</p> <p>DESSERT: Dairy Free Ice cream is supplied & Fruit Cups to DF allergins.</p>
<u>DESSERT</u>	<u>DESSERT</u>	
<p>Gluten Free - Dairy Free & Soy Free: Frozen Blended Fruit & a Cup</p>	<p>Dairy Free: Dairy Free Ice Cream in a cup</p>	
<u>SUPPER</u>	<u>SUPPER</u>	
	Cake - Choc Cake	

*Please note Menu is subject to change