

3 NIGHT CAMP MENU

DAY ONE	DAY TWO	DAY THREE	DAY FOUR
	<u>BREAKFAST</u>	<u>BREAKFAST</u>	<u>BREAKFAST</u>
	Scrambled Eggs on Toast Cereal Orange Juice	Baked Beans or Spaghetti on Toast Cereal Orange Juice	Pancakes with Maple Syrup or Lemon Juice and Sugar Cereal Orange Juice
	<u>MORNING TEA</u>	<u>MORNING TEA</u>	<u>MORNING TEA</u>
	Biscuits and Fruit pieces (Apples and Oranges)	Muffins and Fruit pieces (Apples and Oranges)	Cake and Fruit pieces (Apples and Oranges)
<u>LUNCH</u>	<u>LUNCH</u>	<u>LUNCH</u>	<u>LUNCH on the last day</u>
<i>Schools bring own Packed Lunch</i>	Hot Dogs in Hot Dog Rolls with Cheese and Sauce	Baked Potatoes with Coleslaw, Corn, Ham, Beetroot, Pineapple, Tomato, Butter, Cheese and Sour Cream	Fresh rolls with your choice of fillings, plus fruit and cake <i>Some filling options are - ham & salad, cheese & vegemite, jam and salad (this is also a takeaway option)</i>
	<u>AFTERNOON TEA</u>	<u>AFTERNOON TEA</u>	
Cookies and Fruit pieces (Apples and Oranges)	Oat Slice and Fruit pieces (Apples and Oranges)	Slice and Fruit pieces (Apples and Oranges)	
<u>DINNER</u>	<u>DINNER</u>	<u>DINNER</u>	
Lasagne Pasta Bake with Coleslaw, Lettuce, Beetroot, Tomato, Cheese and Dressing	Chicken Schnitzel with Gravy Carrots, Peas and Mashed Potato, Chips or Potato Gems <i>Or</i> Fish and Chips	Roast Beef with Gravy Carrots, Peas and Roasted Potato <i>Roasted Pumpkin for Teachers/Leaders</i>	
<u>DESSERT</u>	<u>DESSERT</u>	<u>DESSERT</u>	<u>ALLERGIES AND INTOLERANCES</u>
Apple Crumble with Ice Cream	Two Fruits with Custard <i>Or</i> Frog in the Pond (<i>Jelly</i>) <i>Pavlovas for Teachers if Students having Jelly</i>	Chocolate Pudding with Cream <i>Or</i> Chocolate Mousse in a Cup	Gluten Free Dairy/Lactose Free Gluten and Dairy/Lactose Free Fructose Free - No Citrus Vegetarian Halal
<u>SUPPER</u>	<u>SUPPER</u>	<u>SUPPER</u>	
Cake	Cake	Cake	