

## 4 NIGHT CAMP MENU

DAY ONE	DAY TWO	DAY THREE	DAY FOUR	DAY FIVE
	<u>BREAKFAST</u>	<u>BREAKFAST</u>	<u>BREAKFAST</u>	<u>BREAKFAST</u>
	Scrambled Eggs on Toast Cereal Orange Juice	Spaghetti on Toast Cereal Orange Juice	Pancakes with Maple Syrup or Lemon Juice and Sugar Cereal Orange Juice	Baked Beans on Toast Cereal Orange Juice
	<u>MORNING TEA</u>	<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)	Slice (or similar) and Fruit pieces (Apples and Oranges)	Biscuits and Fruit pieces (Apples and Oranges) <i>Possibly Leftovers</i>
<u>LUNCH</u>	<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 <i>(Provide Teacher with Roll List for Friday)</i>	Baked Potatoes with Coleslaw, Corn, Ham, Beetroot, Pineapple, Tomato, Butter, Cheese and Sour Cream	BBQ - Sausages and Burgers in Bread with Lettuce or Coleslaw, Tomato, Beetroot, Cheese and Mayonnaise	Fresh rolls with your choice of fillings, plus fruit and cake <i>Some filling options are - ham &amp; salad, cheese &amp; vegemite, jam and salad</i>
<u>AFTERNOON TEA</u>	<u>AFTERNOON TEA</u>	<u>AFTERNOON TEA</u>	<u>AFTERNOON TEA</u>	
Cookies and Fruit pieces (Apples and Oranges)	Oat Slice and Fruit pieces (Apples and Oranges)	Biscuits and Fruit pieces (Apples and Oranges)	Slice and Fruit pieces (Apples and Oranges)	
<u>DINNER</u>	<u>DINNER</u>	<u>DINNER</u>	<u>DINNER</u>	
Chicken Schnitzel with Gravy Carrots, Peas and Seasoned Roasted Potato	Fish and Chips with Pasta Salad, Lettuce, Beetroot, Tomato and Cheese	Lasagne Pasta Bake with Coleslaw, Lettuce, Beetroot, Tomato and Cheese	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>DESSERT</u>	<u>ALLERGIES AND INTOLERANCES</u>
Apple Crumble with Ice Cream	Two Fruits with Custard <i>Or</i> Chocolate Mousse in a Cup	Chocolate Pudding with Cream	Frog in the Pond ( <i>Jelly</i> ) <i>Pavlovas for Teachers if Students having Jelly</i>	<i>Gluten Free Dairy/Lactose Free Gluten and Dairy/Lactose Free Fructose Free - No Citrus Vegetarian Halal</i>
<u>SUPPER</u>	<u>SUPPER</u>	<u>SUPPER</u>	<u>SUPPER</u>	
Cake	Mini Muffins	Cake	Cake	