

---

# SAMPLE CAMP MENU

## ONE-NIGHT CAMP

Our resident catering team uses only the highest quality and freshest ingredients and sources local Adelaide Hills produce wherever possible.

The kitchen is a nut-free zone and we are able to cater for most allergy and dietary requirements. A tip for the teachers: Our caterer (Ash) makes the best stove-top espresso and is rather liberal with the choccy bickies. Never fear – pod coffee is available if Ash is not around!

### DAY ONE

**Students bring their own morning tea and lunch**

**Afternoon tea:** Chips, biscuits and fresh fruit

**Dinner:** Aussie barbie - gourmet sausages, steak and marinated chicken breast, coleslaw and fresh bread

**Dessert:** Ice cream sundaes with M&Ms

### DAY TWO

**Breakfast:** Pancakes with maple syrup and whipped cream, toast, condiments, selection of cereals and tea, coffee and juice

**Morning tea:** Vanilla cupcakes with butter frosting and fresh fruit

**Lunch:** Fresh gourmet bread rolls filled with a selection of cold meats, cheese and salads

### DIETARY

As well as being nut-free, our kitchen also caters for vegetarian, vegan, dairy free, gluten free and egg free substitutes are also available, whilst remaining as close to the original menu as possible.



---

# SAMPLE CAMP MENU

## TWO-NIGHT CAMP

Our resident catering team uses only the highest quality and freshest ingredients and sources local Adelaide Hills produce wherever possible.

The kitchen is a nut-free zone and we are able to cater for most allergy and dietary requirements. A tip for the teachers: Our caterer (Ash) makes the best stove-top espresso and is rather liberal with the choccy bickies. Never fear – pod coffee is available if Ash is not around!

### DAY ONE

**Students bring their own morning tea and lunch**

**Afternoon tea:** Fresh seasonal fruit platter

OR pies / sausage rolls (in winter)

**Dinner:** Aussie barbie - gourmet sausages, steak and marinated chicken breast, coleslaw and fresh bread

**Dessert:** Apple crumble and custard

### DAY TWO

**Breakfast:** Bacon and free range scrambled eggs, toast, condiments, selection of cereals; Tea, coffee and juice

**Morning tea:** Tiny Teddies and chips

**Lunch:** Fresh gourmet bread rolls filled with a selection of cold meats, cheese and salads

**Afternoon tea:** Vanilla cupcakes with yummy butter frosting, and fresh fruit

**Dinner:** Homemade Lasagne with garden green salad and crusty bread

**Dessert:** Ice cream sundaes with M&Ms

### DAY THREE

**Breakfast:** Pancakes with maple syrup and whipped cream, toast, condiments, selection of cereals; Tea, coffee, milo and juice

**Morning tea:** Homemade chocolate chip biscuits and fresh fruit

**Lunch:** Sausage sizzle in gourmet bread rolls, with onion and sauces

### DIETARY

As well as being nut-free, our kitchen also caters for vegetarian, vegan, dairy free, gluten free and egg free substitutes are also available, whilst remaining as close to the original menu as possible.