

# March Camp vegetarian / allergy menu 2023.



20 to 24 March				
Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning snack</b>				
Wholemeal banana bread / muffin and choice of drink or Apple (allergy option)	Piece of cheese & tomato pizza and choice of drink or Banana (allergy option)	Chocolate chip cookie and choice of drink or Honeydew melon (allergy option)	Cheese, crackers, grapes and choice of drink or Grapes (allergy option)	Chocolate croissant and choice of drink or Apple (allergy option)
<b>Lunch menu</b>				
Sweet and sour tofu with vegetables & steamed rice, plus choice of drink or same as above (allergy option)	Fusilli pasta with tomato sauce, carrots & grated cheese, plus choice of drink or Stir fried tofu and green beans, plus choice of drink (allergy option)	Fried noodles & vegetables, plus choice of drink or Stir fried tofu and green beans, plus choice of drink (allergy option)	Char siew tofu, vegetable spring roll & bok choy, plus choice of drink or Char siew tofu & bok choy, plus choice of drink (allergy option)	Grilled vegetable pattie, lettuce, tomato, cucumber, cheese & fries, plus choice of drink or Grilled vegetable pattie (no bun), lettuce, tomato, cucumber, rice, plus choice of drink (allergy option)
<b>Nutrition and dietary information:</b> Energy (kcal):336.9 Carbs (g):32.3 Protein (g):16.6 Fat (g):17.0	<b>Nutrition and dietary information:</b> Energy (kcal): 418.1 Carbs (g):65.4 Protein (g):12.5 Fat (g):11.8	<b>Nutrition and dietary information:</b> Energy (kcal):332.4 Carbs (g):43.0 Protein (g):10.1 Fat (g):12.8	<b>Nutrition and dietary information:</b> Energy (kcal):458.4 Carbs (g):20.9 Protein (g):14.2 Fat (g):17.8	<b>Nutrition and dietary information:</b> Energy (kcal):490.8 Carbs (g):66.6 Protein (g):19.8 Fat (g):16.6