

October Camp vegetarian / allergy menu 2023.



16 to 20 October (Week 2)

Monday	Tuesday	Wednesday	Thursday	Friday
Morning snack				
Baked blueberry muffin and choice of drink or Apple (allergy option)	Plain cheese sandwich and choice of drink or Banana (allergy option)	Butter croissant, strawberry jam and choice of drink or Honeydew melon (allergy)	Cheese, crackers, grapes and choice of drink or Grapes (allergy)	Fruit Danish and choice of drink or Apple (allergy)
Lunch menu				
Fried noodles & vegetables, plus choice of drink or Stir fried tofu and green beans, plus choice of drink (allergy option)	Penne pasta with tomato sauce with grated cheese & broccoli, plus choice of drink or Teriyaki tofu, vegetable fried rice with local greens, plus choice of drink (allergy option)	Sweet and sour tofu with vegetables & steamed rice, plus choice of drink or same as above (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)	Vegetable fried rice & sliced cucumber, plus choice of drink or same as above (allergy option)
Nutrition and dietary information: Energy (kcal):332.4 Carbs (g):43.0 Protein (g):10.1 Fat (g):12.8	Nutrition and dietary information: Energy (kcal): 414.1 Carbs (g):64.7 Protein (g):12.7 Fat (g):11.7	Nutrition and dietary information: Energy (kcal):336.9 Carbs (g):32.3 Protein (g):16.6 Fat (g):17.0	Nutrition and dietary information: Energy (kcal):490.8 Carbs (g):66.6 Protein (g):19.8 Fat (g):16.6	Nutrition and dietary information: Energy (kcal): 317.8 Carbs (g):57.2 Protein (g):8.5 Fat (g):5.8