

October Camp vegetarian / allergy menu 2022.



10 to 14 October (Week 1)				
Monday	Tuesday	Wednesday	Thursday	Friday
Morning snack				
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)
Dietary information: <i>Gluten, Egg & Dairy</i>	Dietary information: <i>Gluten, Egg & Dairy</i>	Dietary information: <i>Gluten, Egg & Dairy</i>	Dietary information: <i>Gluten, Egg & Dairy</i>	Dietary information: <i>Gluten, Egg & Dairy</i>
Lunch menu				
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)	Teriyaki tofu, vegetable fried rice with local greens, plus choice of drink or same as above (allergy option)	Vegetable tacos and fries with carrots, plus choice of drink or Mexican rice and broccoli, 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)	Pumpkin lasagne with garlic bread & sweetcorn, plus choice of drink or Tomato baked chicken with steamed rice & sweetcorn, plus choice of drink (allergy option)
Nutrition and dietary information: Energy (kcal): 418.1 Carbs (g):65.4 Protein (g):12.5 Fat (g):11.8 <i>Gluten, Egg & Dairy</i>	Nutrition and dietary information: Energy (kcal): 559.5 Carbs (g):59.3 Protein (g):19.6 Fat (g):27.7 <i>Gluten, Egg & Dairy</i>	Nutrition and dietary information: Energy (kcal): 397.8 Carbs (g):44.0 Protein (g):13.7 Fat (g): 20.1 <i>Gluten, & Dairy</i>	Nutrition and dietary information: Energy (kcal):458.4 Carbs (g):20.9 Protein (g):14.2 Fat (g):17.8 <i>Gluten, Egg & Dairy</i>	Nutrition and dietary information: Energy (kcal):438.6 Carbs (g):69.4 Protein (g):10.9 Fat (g):16.5 <i>Gluten, Egg & Dairy</i>

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17 to 21 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)
Dietary information: <i>Gluten, Egg & Dairy</i>	Dietary information: <i>Gluten, Egg & Dairy</i>	Dietary information: <i>Gluten, Egg & Dairy</i>	Dietary information: <i>Gluten, Egg & Dairy</i>	Dietary information: <i>Gluten, Egg & Dairy</i>
Lunch menu				
Fried noodles & vegetables, plus choice of drink or Stir fried tofu and green beans, plus choice of drink (allergy option)	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)	Pineapple 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 <i>Gluten & Egg</i>	Nutrition and dietary information: Energy (kcal): 414.1 Carbs (g):64.7 Protein (g):12.7 Fat (g):11.7 <i>Gluten, Egg & Dairy</i>	Nutrition and dietary information: Energy (kcal):336.9 Carbs (g):32.3 Protein (g):16.6 Fat (g):17.0 <i>Gluten & Egg</i>	Nutrition and dietary information: Energy (kcal):490.8 Carbs (g):66.6 Protein (g):19.8 Fat (g):16.6 <i>Gluten, Egg & Dairy</i>	Nutrition and dietary information: Energy (kcal): 317.8 Carbs (g):57.2 Protein (g):8.5 Fat (g):5.8 <i>Gluten, Egg & Dairy</i>