

April Camp vegetarian / allergy menu 2025.



1st April to 4th April 2025				
Monday	Tuesday	Wednesday	Thursday	Friday
Morning snack				
Public Holiday	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)
Lunch menu				
Public Holiday	Teriyaki tofu, vegetable fried rice with local greens, plus choice of drink (Same for allergy option)	Vegetable tacos and fries with carrots, plus choice of drink. (Same for allergy option)	Vegetable fried rice, fried egg & sliced cucumber, plus choice of drink or same as above without egg (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)
Nutrition and dietary information: Energy (kcal): 418.1 Carbs (g):65.4 Protein (g):12.5 Fat (g):11.8	Nutrition and dietary information: Energy (kcal): 559.5 Carbs (g):59.3 Protein (g):19.6 Fat (g):27.7	Nutrition and dietary information: Energy (kcal): 397.8 Carbs (g):44.0 Protein (g):13.7 Fat (g): 20.1	Nutrition and dietary information: Energy (kcal): 549.8 Carbs (g):60.5 Protein (g):21.6 Fat (g): 24.3	Nutrition and dietary information: Energy (kcal):420.3 Carbs (g):69.9 Protein (g):11.1 Fat (g):14.4

Note: Please bring food from home if the above is not suitable.