

Summer Camp vegetarian / allergy menu 2024.



18 to 21 June - 4 DAY CAMP (Week 1)				
Monday	Tuesday	Wednesday	Thursday	Friday
Morning snack				
NO CAMP TODAY	Piece of cheese & tomato pizza and choice of drink or Banana (allergy option)	Chocolate chip cookie or honeydew melon and choice of drink	Cheese, crackers, grapes and choice of drink <i>*Will be packed if going out for a field trip</i>	Chocolate croissant and choice of drink or Apple (allergy option)
NO CAMP TODAY	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)	Vegetable fried rice, fried egg & sliced cucumber, plus choice of drink or same as above without egg (allergy option)	Vegetable tacos and fries with carrots, plus choice of drink (Same for allergy option) <i>*Packed lunch (if applicable): plain cheese sandwich**, watermelon or grapes, vanilla muffin plus a carton of juice</i> <i>**Please bring something from home if the above is not suitable</i>	Vegetable stew, French beans, carrots & rice, plus choice of drink (Same for 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): 549.8 Carbs (g):60.5 Protein (g):21.6 Fat (g): 24.3	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):420.3 Carbs (g):69.9 Protein (g):11.1 Fat (g):14.4

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24 to 28 June (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) <i>*Will be packed if going out for a field trip</i>	Cheese, crackers, grapes and choice of drink or Banana & grapes (allergy option)	Fruit Danish and choice of drink or Apple (allergy option)
Lunch menu				
Fried bee hoon noodles with local greens, 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 (Same for allergy option) <i>*Packed lunch (if applicable): plain cheese sandwich**, watermelon or grapes, vanilla muffin plus a carton of juice</i> <i>**Please bring something from home if the above is not suitable</i>	Mexican rice and broccoli, corn chips plus choice of drink (Same for allergy option)	Vegetable fried rice, vegetable spring roll, bok choy with tofu, plus choice of drink or same as above without spring roll (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): 481.2 Carbs (g):73.9 Protein (g):11.9 Fat (g):15.5	Nutrition and dietary information: Energy (kcal): 317.8 Carbs (g):57.2 Protein (g):8.5 Fat (g):5.8

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1 to 5 July (Week 3)				
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) <i>*Will be packed if going out for a field trip</i>	Cheese, crackers, grapes and choice of drink or Grapes (allergy option)	Chocolate croissant and choice of drink or Apple (allergy option)
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 (Same for allergy option)	Vegetable tacos and fries with carrots, plus choice of drink. (Same for allergy option) <i>Packed lunch (if applicable): plain cheese sandwich**, watermelon or grapes, vanilla muffin plus a carton of juice</i> <i>**Please bring something from home if the above is not suitable</i>	Vegetable fried rice, fried egg & sliced cucumber, plus choice of drink or same as above without egg (allergy option)	Vegetable stew, French beans, carrots & rice, plus choice of drink (Same for 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

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8 to 12 July (Week 4)				
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) <i>*Will be packed if going out for a field trip</i>	Cheese, crackers, grapes and choice of drink or Banana & grapes (allergy option)	Fruit Danish and choice of drink or Apple (allergy)
Lunch menu				
Fried bee hoon noodles with local greens, 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) <i>*Packed lunch (if applicable): plain cheese sandwich**, watermelon or grapes, vanilla muffin plus a carton of juice</i> <i>**Please bring something from home if the above is not suitable</i>	Mexican rice and broccoli, corn chips plus choice of drink (Same for allergy option)	Vegetable fried rice, vegetable spring roll, bok choy with tofu, plus choice of drink or same as above without spring roll (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): 481.2 Carbs (g):73.9 Protein (g):11.9 Fat (g):15.5	Nutrition and dietary information: Energy (kcal): 317.8 Carbs (g):57.2 Protein (g):8.5 Fat (g):5.8

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15 to 19 July (Week 5)				
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) <i>*Will be packed if going out for a field trip</i>	Cheese, crackers, grapes and choice of drink or Grapes (allergy option) <i>*Will be packed if going out for a field trip</i>	Chocolate croissant and choice of drink or Apple (allergy option)
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 (Same for allergy option)	Vegetable tacos and fries with carrots, plus choice of drink. (Same for allergy option) <i>Packed lunch (if applicable): plain cheese sandwich**, watermelon or grapes, vanilla muffin plus a carton of juice</i> <i>**Please bring something from home if the above is not suitable</i>	Vegetable fried rice, fried egg & sliced cucumber, plus choice of drink or same as above without egg (allergy option) <i>Packed lunch (if applicable): plain cheese sandwich**, watermelon or grapes, vanilla muffin plus a carton of juice</i> <i>**Please bring something from home if the above is not suitable</i>	Vegetable stew, French beans, carrots & rice, plus choice of drink (Same for 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

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22 to 26 July (Week 6)				
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) <i>*Will be packed if going out for a field trip</i>	Cheese, crackers, grapes and choice of drink or Banana & grapes (allergy option) <i>*Will be packed if going out for a field trip</i>	Fruit Danish and choice of drink or Apple (allergy)
Lunch menu				
Fried bee hoon noodles with local greens, 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 (Same for allergy option) <i>*Packed lunch (if applicable): plain cheese sandwich**, watermelon or grapes, vanilla muffin plus a carton of juice</i> <i>**Please bring something from home if the above is not suitable</i>	Mexican rice and broccoli, corn chips plus choice of drink (Same for allergy option) <i>*Packed lunch (if applicable): plain cheese sandwich**, watermelon or grapes, vanilla muffin plus a carton of juice</i> <i>**Please bring something from home if the above is not suitable</i>	Vegetable fried rice, vegetable spring roll, bok choy with tofu, plus choice of drink or same as above without spring roll (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): 481.2 Carbs (g):73.9 Protein (g):11.9 Fat (g):15.5	Nutrition and dietary information: Energy (kcal): 317.8 Carbs (g):57.2 Protein (g):8.5 Fat (g):5.8