

Urban Camp summer menu

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	<p style="text-align: center;">Cooked breakfast: beef sausage and baked beans, or bacon and scrambled eggs</p> <p style="text-align: center;">Continental breakfast: selection of breakfast cereals such as muesli, corn flakes, weet bix, rice bubbles whole fresh fruit, stewed & poached fruits yoghurt pots with homemade mixed berry coulis, fresh fruit salad pots breads for toasting, including wholemeal and gluten free selection of spreads including butter, vegemite, honey & jams hot beverages including tea & coffee, fruit juice, water</p>						
Morning tea	Not normally required	Blueberry muffins	Vegan chocolate cupcakes	Raspberry and white chocolate muffins	Choc chip cupcakes	Not normally required	Not normally required
Fruit	Not normally required	Seasonal piece of whole fruit	Seasonal piece of whole fruit	Seasonal piece of whole fruit	Seasonal piece of whole fruit		
Lunch	Not normally required	Preselected wholemeal long roll as chosen by student	Preselected Turkish roll as chosen by student	Preselected wholemeal knot roll as chosen by student	Preselected multigrain long roll as chosen by student	Make your own lunch rolls Or sandwich/roll platter by arrangement	Make your own lunch rolls Or sandwich/roll platter by arrangement
Beverages	Not normally required	Bottled water	Bottled water	Bottled water	Bottled water	Not normally required	Not normally required
Dinner main course	Oven baked chicken breast fillet with panko herbed crumb	<u>Italian theme night</u> Beef bolognese penne pasta, creamy mushroom penne	Beef burger with lettuce, tomato & sauce	<u>Mexican theme night</u> chicken fajitas enchiladas	Not normally required	Not normally required	Not normally required
Accompaniments	Roasted potatoes, steam vegetables and bread roll	Mini garlic & cheese baguettes with herbed butter	Baked potato bites	Mexican bean rice, mini Mexican pizza	Not normally required	Not normally required	Not normally required
Salad	Seasonal salad	Fresh garden salad	Quinoa salad & seasonal salad	Seasonal salad	Not normally required	Not normally required	Not normally required
Dessert	Frog in a pond	Chocolate mousse cups	Fresh fruit salad cups	Baked churros with cinnamon sugar dust & chocolate sauce	Not normally required	Not normally required	Not normally required
Dietary requirements	Dietary options will be substitutes with like for like alternatives where possible						