



Maranatha Camp Menu

Healthy, Happy, Campers

Typical Menu for a 3 Day camp

Items in Red have a **Gluten Free** substitute

	Day 1	Day 2	Day 3
Breakfast		Apple or Orange Juice Cereal with Milk Bacon Eggs - scrambled Baked Beans Toast	Apple or Orange Juice Cereal with Milk Pancakes, Maple Syrup & Fresh Cream
Morning Tea		Fruit & Homemade Snack (Cake/ Muesli Slice/ Crackles/Cookies)	Fruit & Homemade Snack (Cake/ Muesli Slice/ Crackles/Cookies)
Lunch	Nachos – beans, salad, cheese, sour cream, salsa, corn chips Water or Cordial	Ham and Salad Wraps Water or Cordial	Hot Dogs/Rolls
Afternoon Tea	Fruit & Homemade Snack (Cake/ Muesli Slice/ Crackles/Cookies)	Fruit & Homemade Snack (Cake/ Muesli Slice/ Crackles/Cookies)	
Dinner	Roast Beef, Veges, Bread Rolls, Water or Cordial	Pasta Bolognaise and Garlic Turkish Bread Water or Cordial	
Dessert	Ice Creams or Ice Blocks	Homemade Chocolate Cake	

Wholesome & Homemade

Our menu has been designed with dedication to wholesome, homemade, nutritious good food. We minimise unnecessary sugar, we only use real butter and cream and use olive oil for cooking.

Food Safety

We fully cater all meals and refreshments for all groups staying at Maranatha and can accommodate a wide range of dietary requirements. Our licensed kitchen has a fully accredited Food Safety Plan and follows all Food Safety Standards.

Food Allergies and Aversions

We can provide delicious options for people with any food allergies, sensitivities or anaphylactic allergies or aversions, for vegetarian, vegan, gluten free, lactose free, dairy free, diabetic, celiac. We have a strict policy of NO NUTS at camp. Please do not bring Nuts or foods containing Nuts with your personal effects to camp.

Halal

We fully cater all meals and refreshments for all groups staying here and can accommodate a wide range of dietary requirements.

We can occasionally source Halal beef and chicken from our butcher supplier, however it is not a guaranteed supply. Our kitchen is fully accredited and follows all Food Safety standards, however we do not have a designated Halal kitchen which follows the Halal tradition of preparation and prayer. We are more than happy to provide a full vegetarian menu with Halal chicken and/or beef dishes depending on availability.