



Maranatha Camp Menu

Healthy, Happy, Campers

Typical Menu for a 3 Day camp

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

Items in Blue are suitable for Vegetarians/ Vegans

	Day 1	Day 2	Day 3
Breakfast		Apple or Orange Juice Cereal with Milk Bacon Eggs - scrambled Baked Beans Hash Browns/ Mushrooms/Tomatoes (on request) Toast	Apple or Orange Juice Cereal with Milk Pancakes, Vegan Pancakes Maple Syrup & Fresh Cream
Morning Tea	Fruit & Homemade Snack (Cake/ Muesli Slice/ Crackles/Cookies) Muffin	Fruit & Homemade Snack (Cake/ Muesli Slice/ Crackles/Cookies) Muffin	Fruit & Homemade Snack (Cake/ Muesli Slice/ Crackles/Cookies) Muffin
Lunch	Ham and Salad (lettuce, cheese, carrot, tomato, cucumber) Wraps Falafel Water or Cordial	Nachos – beans/ tomato/onion cooked salsa (not spicy), lettuce, cheese, sour cream, , corn chips Water or Cordial	Hot Dogs/Rolls Vege/ Vegan Pattie
Afternoon Tea	Fruit & Homemade Snack (Cake/ Muesli Slice/ Crackles/Cookies) Muffin	Fruit & Homemade Snack (Cake/ Muesli Slice/ Crackles/Cookies) Muffin	
Dinner	Pasta Bolognaise and Garlic Turkish Bread Vege Napoli Sauce Water or Cordial	Creamy Chicken and Rice, Bread Rolls, Chickpea /vegetable Curry Water or Cordial	
Dessert	Ice Creams or Ice Blocks	Homemade Chocolate Cake Vegan 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.

As we cater for up to 400 children, if any of the above meals are unsuitable for your child, please provide a microwavable replacement, labelled and named in a cooler bag.

All food is served buffet style for students to select what they would like on their plate.



SPECIAL DIETARY REQUIREMENTS FORM

TEACHERS/ LEADERS PLEASE READ PRIOR TO COMPLETING NEXT PAGE

Maranatha camp has a licenced kitchen and a fully accredited Food Safety Plan and follows all Food Safety Standards. We aim for consistency with Education Qld anaphylaxis guidelines.

- We fully cater with home-cooked meals and refreshments for all groups staying at Maranatha and can accommodate a wide range of dietary requirements.
- Please indicate the participants that have any of the following requirements **ONLY**:

Vegetarian, Vegan, Gluten Free, Lactose Free, Dairy Free, Food Allergies or High Sensitivities, Anaphylactic Allergies, or any other MEDICAL Dietary Requirements.

Teacher supervision is essential for all students with dietary requirements.

- We CANNOT Cater for soy, sesame, preservatives, flavours diets or fussy eaters/ preferences to the menu.
- Meals are buffet style and participants can usually cater their meals/ select food for their plate at their own discretion – therefore *please only use this form for special dietary requirements that are medically and highly necessary as listed above.*
- Any participants with HIGH/SEVERE Allergies or Sensitivities that required additional attention for medical requirements, are requested to contact our staff prior to arrival to discuss alternative options for meal seating and preparations.
- NUTS: We are a nut aware camp and have a strict policy of NO NUTS in the kitchen. Please do not bring nuts or foods containing nuts (including nut/ almond milk). *While we try our hardest to minimise risk, please understand it is impossible to guarantee a completely “nut free” environment.*
- HALAL: We can occasionally source Halal beef and chicken from our butcher supplier, however it is not a guaranteed supply. 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.
- Our chefs are aware of issues related to allergies and anaphylaxis and measures to reduce the incidence of an emergency. Maranatha must be advised of any students/ guests who are at risk of anaphylaxis. Maranatha will then determine if we can cater safely for them, or if self-catering is the most appropriate option.
- If we are unable to accommodate, and students/guests are providing own meals, the food will need to be cooked and packaged/ labelled and stored appropriately with a meal plan given to the kitchen staff and teachers. Meals and refreshments are then to be reheated/ served by the supervising teacher using an allocated microwave.