



Mylor Adventure Camp - Standard Sample Menu

We are committed to offering a healthy balanced menu including meats, chicken, fresh fruits, fresh vegetables and salads. All meals are based on the “Right Bite” Healthy Food Strategy for Schools. We cater for most medical dietary requirements.

Continental Breakfast

- Choice of cereals – Cornflakes, Rice Bubbles, Just Right, Weet-Bix and All Bran with full cream, low fat, soy & lactose free milk. (No nut milks are provided or are to be brought to the site). Gluten free cornflakes & weetbix available.
- Toast (white, wholemeal, grain & gluten free breads) and spreads –margarine or butter, apricot & strawberry jams, Honey and Vegemite
- Orange or Apple Juice
- Scrambled eggs on toast are served on the last day of camp

Morning Tea/Afternoon Tea (one option will be served at each snack time)

- Homemade Muffins, biscuits cakes or slices and fresh fruit
- Pizza Muffins and fresh fruit
- Tub of yoghurt and fresh fruit
- Fresh Seasonal Fruit platter or basket

Lunch (one option only will be served)

- Burgers – meat patty served on a burger roll with a choice of cheese, lettuce, tomato with condiments. (For Adult and High school groups beetroot and pineapple are added)
- Chicken Burgers – crumbed chicken patty served on a burger roll with a choice of cheese, lettuce, tomato with condiments. (For Adult and High school groups beetroot and pineapple are added)
- Meat and Salad Rolls – Freshly baked baguette with ham or beef deli meat, cheese, tomato, cucumber and lettuce with condiments.
- Chicken Wrap – crumbed chicken patty served on a tortilla wrap with cheese, tomato, cucumber, carrot, lettuce and condiments
- Baked Potatoes served with bacon, cheese, beetroot, pineapple, coleslaw and sour cream (High School and Adult groups only)

Dinner (one option only will be served)

- Homemade Lasagne served with green salad and garlic bread
- Butter Chicken served with Rice and mixed vegetables or salad
- Roast chicken thigh served with roast potatoes, carrots, peas, gravy & a dinner roll
- Chicken Schnitzel served with roast potatoes, vegetables or salad and dinner roll (Adult & High School groups only)

Desserts (one option only) –

- Chocolate Mousse
- Fruit Salad & ice cream
- Vanilla Slice