

Catering information

Arbury Park Outdoor School is committed to providing healthy and nutritious meals in line with the DECD *Right Bite Healthy Eating Strategy*. Students are provided with a varied diet of foods from the green and amber categories of the strategy. Red foods are only served in small portion sizes within the daily menu.

The sample menu is a guide to the variety of different meals prepared. The items listed are not a menu for each student to select from, as the menu varies according to number of students in residence, age of students, camp duration, and seasonal variations.

SAMPLE MENU	
Breakfast	Cereal (muesli / cornflakes / weetbix / nutri-grain) Sliced fruit in natural juice Toast (white / grain / raisin) and spreads Spaghetti / baked beans / boiled eggs Unsweetened orange juice / milo / tea
Lunch	Focaccia rolls and tortilla wraps with sliced meat and fresh salad Hamburgers Baked potatoes with selected salad fillings Chilled, seasonal fresh fruit platter Water
Dinner	Roast chicken and vegetables Baked crumbed fish, chips and salad Sundaes / sliced fruit in natural juice / chocolate mousse / baked dessert
Morning, afternoon tea	Savoury cracker biscuits / seasonal fresh fruit platter/ carrot and celery sticks / dip / homemade biscuits / slices and fruit muffins Water, unsweetened fruit juice Cold milk drink
Supper if requested	Hot milo / biscuit
Aboriginal Cultural Studies morning tea * <i>Wattle seed damper, jam, sultanas, celery and carrot sticks, smoked kangaroo</i>	

* This is a simulated "bush tucker" morning tea with foods selected to raise discussion of traditional Aboriginal food sources.

Diets

Parents of children with diets such as gluten free, vegetarian, lactose intolerant and diabetic, *must* contact APOS catering staff a week prior to camp to ensure *allergy awareness strategies* specific to their child's dietary requirements are implemented. For diabetic students our catering staff will advise the grams of carbohydrate or exchanges per serve.

Student birthdays

Student birthdays are celebrated at morning tea. Prior notice is required using the *Catering Numbers* form.

