

# 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.

<b>SAMPLE MENU</b>	
<b>Breakfast</b>	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
<b>Lunch</b>	Focaccia rolls and tortilla wraps with sliced meat and fresh salad Hamburgers Baked potatoes with selected salad fillings Chilled, seasonal fresh fruit platter Water
<b>Dinner</b>	Roast chicken and vegetables Baked crumbed fish, chips and salad Sundaes / sliced fruit in natural juice / chocolate mousse / baked dessert
<b>Morning, afternoon tea</b>	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
<b>Supper if requested</b>	Hot milo / biscuit
<b>Aboriginal Cultural Studies morning tea *</b>	
<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.

