

# Catering information

Arbury Park Outdoor School is committed to providing healthy and nutritious meals in line with our department's *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.

Depending on the number and age of students, the camp duration and what is seasonally available, the camp menu may include:

<b>Breakfast</b>	cereal (just right / cornflakes / weetbix / nutri-grain) sliced fruit in natural juice toast (white / grain / wholemeal / raisin) and spreads spaghetti / baked beans / boiled eggs unsweetened orange juice / milo
<b>Morning, afternoon tea</b>	savoury crackers / seasonal fresh fruit platter/ vegie sticks / dip homemade biscuits / freshly baked slices and fruit muffins unsweetened fruit juice / cold milk drink
<b>Lunch</b>	fresh rolls and tortilla wraps with sliced meat and fresh salad hamburgers baked potatoes with selected salad fillings seasonal fresh fruit
<b>Dinner</b>	roast chicken and vegetables oven baked crumbed fish, chips and salad spaghetti Bolognese / tossed salad fresh fruit salad / ice cream / chocolate mousse / baked dessert
<b>Supper</b> (if requested)	hot milo / biscuit

## Diets

Catering staff are trained in preparing menu options for special diets including diabetic, gluten free, halal and vegetarian.

To alert us of any special dietary requirements there is space on the *Catering Numbers* form to list individual's names and requirements. The *Individual Dietary Requirements* form can be used to provide dietary management details for an individual.

To discuss any particular dietary concerns and special requirements, please contact the Arbury Park Catering Manager on 83393237.

## Student birthdays

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

