

5-7 South Coast Adventure Camp Basecamp Menu			
Meal	Day 1	Day 2	Day 3
Breakfast		Baked Beans or Spaghetti Toast Fruit Juice	Continental Breakfast Toast, Cereals, Fruit Juice
Morning Tea	PLEASE PROVIDE OWN	Muesli Bars Fresh seasonal fruit	Biscuits Fresh seasonal fruit
Lunch		Fresh Sandwiches w/ cheese, sliced meats + salads	Dorito Burrito Tortilla Wraps w/ Burrito Salsa Mix, cheese + salads
Afternoon Tea	Muesli Bars Fresh seasonal fruit	Biscuits Fresh seasonal fruit	
Dinner	BBQ Sausages, Beef & Chicken Patties + various salads	Pasta Night Bolognaise Pasta Garden salads + Garlic Bread	
Dessert	Ice Cream Sundaes	Fruit Salad + Custard	

Please inform special dietary needs 1 week prior to camp
Menu is a guide, small changes may occur depending on availability and facilities

