

## Willow Creek 3 Day Camp - Sample Menu

### DAY 1

#### *Afternoon tea:*

- Cinnamon donuts and watermelon

#### *Dinner:*

- Beef Lasagna, Vegetarian Ravioli, Macaroni and Cheese Bake
- Fresh mixed garden salad
- Garlic Bread
  
- Ice cream with toppings and wafers

### DAY 2

#### *Breakfast:*

- Choices of cereals
- Sliced peaches and yoghurt
- Fresh milk and juices
- Toast with jam and spreads

#### *Morning tea:*

- Biscuits, muesli bars and fruit

#### *Lunch:*

- Chicken tender wraps, lettuce, cucumber, coleslaw and mayo + chips

#### *Afternoon tea:*

- Muffins and watermelon

#### *Dinner:*

- Baked potatoes with diced ham/bacon, cheese, coleslaw, diced pineapple, beetroot
- Mexican beans
- Sour Cream
  
- Fruit salad with custard

### DAY 3

#### *Breakfast:*

- Choices of cereals
- Fruit and yoghurt
- Fresh milk and juices
- Toast with jam and spreads

#### *Morning tea PACKED:*

- Mini cake, muesli bars and fruit

#### *Lunch PACKED:*

- Sandwich with choice of deli meats, salad, cheese and condiments + chips

*Coffee, tea and biscuits will be provided for teachers all day.*

*Cordial dispensers will be available at dinner time.*