

# UC Camping Sample Menu Adekate



## **Breakfast**

Waffles, vanilla & berry yoghurt, maple syrup  
Toast & condiments (honey, vegemite, jam)  
Cereal (Weetbix, Rice Bubbles, Cornflakes, Just Right, Muesli)  
Fruit juice and water jugs

## **Morning Tea**

Orange and chocolate muffin and fruit  
Water jugs

## **Lunch**

Vegetarian Mexican bean chilli, rice, corn chips, sour cream, tomato, lettuce and cheese  
Water jugs

## **Afternoon Tea**

Cranberry and coconut cookies and fruit  
Water jugs

## **Dinner**

Vegetable soup and bread  
Chicken drumsticks, roast potatoes  
Broccoli and cauliflower  
Cheese sauce and gravy  
Apple crumble, ice cream  
Water jugs

Tea, Coffee, Milo, Biscuits and Fresh Fruit available all the time

