

CAMP MENU.

'26
APRIL

*3-day and 5-day plans. Carb counter included.
Dietary requirements catered with notice.*

EAT WELL. EAT SAFE.

The Summit caters most dietary requirements with at least 6 days' notice. Please share Anaphylaxis Plans before arrival.

NOTICE

6+ days before arrival

Special dietary meals require advance notice. If we cannot accommodate, you'll be advised to bring meals from home.

ADAPTABLE

The full menu adapts to:

Gluten Free · Dairy Free · Egg Free · Vegetarian · Vegan · Lactose · Seeds · Halal + more

FRUCTOSE

Low FODMAP plan

For fructose-free meals we follow a low FODMAP framework.

NUT POLICY

Nut-free environment

We strive to be nut-free. Items labelled 'may contain traces of nuts, egg or dairy' are NOT given to anaphylaxis guests

3-DAY MENU.

Arrive lunchtime Day 1, depart after lunch Day 3. Menu items may vary.

	BREAKFAST	MORNING TEA	LUNCH	AFTERNOON TEA	DINNER	DESSERT
DAY 1	—	—	—	Biscuit and a bowl of fruits	Chicken Schnitzels with roast potatoes and steamed vegetables	Chocolate Mousse
DAY 2	Croissants with Ham and cheese, toast, fruit, yogurt and cereal	Muffins and a bowl of fruits	Hamburgers with salad or chicken tender wraps	Muffins and a bowl of fruits	Pasta Bolognese with garlic bread and fresh salad	Waffles and Ice Cream
DAY 3	Pancakes with maple syrup, fruit, toast, yogurt and cereal	Cookies and a bowl of fruits	Ham & salad, or chicken & salad sandwiches	—	—	—

5-DAY MENU.

Arrive lunchtime Day 1, depart after lunch Day 5. Menu items may vary.

	BREAKFAST	MORNING TEA	LUNCH	AFTERNOON TEA	DINNER	DESSERT
DAY 1	—	—	—	Biscuit and a bowl of fruits	Chicken Schnitzel and gravy with roast potatoes and steamed vegetables	Chocolate Mousse
DAY 2	Croissants with ham and cheese, toast, fruit yogurt and cereal	Muffins and a bowl of fruits	Meatball subs/ wraps	Biscuit and a bowl of fruits	Baked potato spud with taco mince, cheese, sour cream and salsa	Cake
DAY 3	Spaghetti and baked beans, toast, fruit, yogurt and cereal	Cookies and a bowl of fruits	Hamburgers with salad	Biscuit and a bowl of fruits	Sausages served with vegetables, chips and gravy	Apple pie/ slice
DAY 4	Scrambled eggs, toast, yogurt, fruit and cereal	Muffins and a bowl of fruits	Chicken Tender Wraps with salad	Biscuit and a bowl of fruits	Pasta Bolognese with garlic bread and fresh salad	Waffles and Ice Cream
DAY 5	Pancakes with maple syrup, toast, fruit, yogurt and cereal	Lamingtons and a bowl of fruits	Meat and salad sandwich	—	—	—

MAIN MEALS.

Carb counts per serve for diabetes management and meal planning.

FOOD	SERVING SIZE	CARBS
Croissant	1 croissant	33.3g
Toast	2 slices	24g
Pancakes	2 pancakes (~15cm)	23.1g
Chicken Tenders	2 tenders (~100g)	17.3g
Wraps	1 wrap	32.3g
Sandwiches	2 slices bread	35g
Chicken Schnitzel	1 schnitzel	35.2g
Pasta Bolognese	~100g pasta	72g

FOOD	SERVING SIZE	CARBS
Garlic Bread	2 slices	17.8g
Hamburger	1 patty	7.1g
Tinned Spaghetti	1 scoop (~200g)	27.5g
Baked Beans	1 scoop (~200g)	26g
Cornflakes	~42g	28.5g
Rice Bubbles	~35g	29.8g
Yoghurt Cups	100g	12.5g
Hamburger buns	1 x bun	35g

SNACKS & DESSERTS.

FOOD	SERVING SIZE	CARBS
Chocolate Mousse	1 scoop	7g
Waffle	50g waffle	27g
Ice cream	100ml	11.8g
Jelly	—	6.9g
Fruit Salad	—	5.2g
Lamingtons	1 lamington	10.7g
Cookies	25g cookie	17g
Cake	1 slice	30.9g

FOOD	SERVING SIZE	CARBS
Milk Coffee / Nice	2 biscuits	6.5g / 9g
Butternut Snap / Choc Chip	2 biscuits	8g / 10.8g
Butternut Snap / Choc Ripple	2 biscuits	8g / 12g
Butternut Snap / Delta Cream	2 biscuits	8g / 14g
Scotch Finger / Nice	2 biscuits	12g / 6.5g

NOTES

Muffins vary by flavour and cannot be carb-calculated. Individual meals are not weighed — bring pre-weighed portions if required (NUT FREE). Fridges and microwaves are available for camp leaders.