

# Āwhitu Youth Camp – Menu



## BREAKFAST

### **CEREALS**

Weetbix, Coco-poos, Nutri-Grain etc.

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### **CANNED FRUIT/YOGHURT**

Peaches pears or fruit salad

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### **TOAST & SPREADS**

Butter, Vegemite, Jams, Peanut Butter

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### **1 HOT OPTION PER DAY**

Spaghetti, Bake Beans, Porridge

## LUNCH

### **SUBWAY STYLE LUNCH** (select your own fillings)

Ham, chicken, luncheon sausage, salami, lettuce, mayo, grated carrot, cheese, sliced tomato, cucumber

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### **FILLED ROLLS**

Ham, lettuce, cheese, mayo

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### **PIZZA**

Topped with tomato paste and cheese, ham and pineapple, chicken, and BBQ sauce, meat lovers

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### **HOT DOGS**

With tomato sauce, onion, mustard, and cheese

## DINNER

**BEEF LASAGNA OR CHICKEN LASAGNA** (vegetarian on request)

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**COTTAGE PIE**

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**HONEY AND SOY CHICKEN DRUMS**

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**ROAST CHICKEN DRUMS OR PIECES & GRAVY**

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**SAUSAGES, ONIONS & GRAVY**

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**MACARONI CHEESE** with/without ham

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**HOMEMADE AND SELF ASSEMBLED HAMBURGERS**

with beef/ vegetarian patty, cheese, lettuce, mayo, tomato sauce

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**BBQ PATTIES/SAUSAGES** (vegetarian on request)

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## DINNER SIDES

<b>RICE/PASTA</b>	<b>MASHED POTATOES</b>
<b>ROAST VEGETABLES</b>	<b>HOTCHIPS/WEDGES</b>
<b>POTATO SALAD</b>	<b>COLESLAW</b>
<b>BREAD ROLLS/GARLIC BREAD</b>	

## DESSERT

**ICE CREAM/ICE BLOCKS**

**FRUITSALAD & ICE CREAM**

## MORNING & AFTERNOON TEA

### **BRING YOUR OWN**

baking, biscuits, fruit, muesli bars etc. Kitchen unavailable for cooking/heating foods

**Water/cordial is available, but we recommend individuals bring their own water bottle to fill**