

Weekly Menu



This weekly menu is planned to ensure that all food provided meets the Australian Dietary Guidelines. Fresh water is provided throughout all sessions. Food items made during cooking activities using the Camp Australia Healthy Eating Cookbook are also provided.

Week Commencing: 13/10/2025

Monday	Watermelon, Apple, Orange, Sultanas, Apricots, Carrot, Pineapple, Rockmelon, Grapes, Strawberries, Pear, Banana, Capsicum, Tomato Cheesemite Scrolls
Tuesday	Watermelon, Apple, Orange, Sultanas, Apricots, Carrot, Pineapple, Rockmelon, Grapes, Strawberries, Pear, Banana, Capsicum, Tomato Apple & Cinnamon Muffins
Wednesday	Watermelon, Apple, Orange, Sultanas, Apricots, Carrot, Pineapple, Rockmelon, Grapes, Strawberries, Pear, Banana, Capsicum, Tomato Pikelets
Thursday	Watermelon, Apple, Orange, Sultanas, Apricots, Carrot, Pineapple, Rockmelon, Grapes, Strawberries, Pear, Banana, Capsicum, Tomato Mixed Berry Smoothie
Friday	Watermelon, Apple, Orange, Sultanas, Apricots, Carrot, Pineapple, Rockmelon, Grapes, Strawberries, Pear, Banana, Capsicum, Tomato Make Your Own Pizza