

Maroon OEC

Sample Menu:

Breakfasts: continental breakfast (choice of cereals, fresh fruit, juice, toast and spreads, cooked items)

Lunches: always offer fresh salad items, bread and spreads, cake and fruit, cordial and water. Cold meats and cheese, pies, sausage rolls, pizza, lasagne – one of these offered any given day. Salad rolls, cake and fruit picnic departing day.

Dinners:

Monday nights – garlic bread, spaghetti bolognese/neopolitan and list dessert

Tuesday nights – chicken based dish and vegies or campout*, plus list dessert

Wednesday nights – chicken based dish and vegies or campout*, plus list dessert

Thursday nights – roast dinner (seasonal meat and roast potato and pumpkin and greens), plus list dessert

*most students will participate in at least a 1 night campout and miss one of these dinners.

Campout Menu:

Breakfasts: choice of cereals, fresh fruit, toast and spreads, tinned baked beans or spaghetti, bacon, eggs, pancakes, johnny cakes

Lunches: fresh or processed cheese, salami or other preserved meat, bread or pita bread or crackers, salad items, seasonal hard fruit, cordial

Snacks: flapjacks, trailmix, fruit (if out for more than 1 night and 1 full day)

Dinners:

Night 1: Burritos, custard and stewed or canned fruit

Night 2: Pasta based meal using fresh or dried vegetables, seasonings, tinned or preserved meat, and a packet mix cheesecake

Night 3: Rice based meal using fresh or dried vegetables, seasonings, tinned or preserved meat and packet mix instant pudding