



Gluten Free

- For students who are gluten intolerant please see the below table for the GF options we provide.
- You may choose to send along some of your own alternatives if you feel any of the below are not suitable (as your child may have specific favourites or you may like to send along some extras)
- We source our fresh meats from a local butcher, however, we are unable to guarantee that these products do not have traces of gluten due to the environment in the butchery. Please send along alternatives if you have concerns here.
- Please send along any non-prescription medication that your child may require, eg paracetamol, antihistamine, etc, as we are unable to guarantee which brands we carry at any given time.
- If you will be sending alternatives please refer to the instructions in the Fact Sheet *'Menu Planning and Supplying Food for Camp'*
- Please email us for a specific list of meals that are planned for your child's school/group

Meal	Meal items that are Ok	GF Substitutes that are provided
Dinners		
Nachos	The entire Nachos meal	GF bread
BBQ	The entire BBQ meal	GF bread
Stirfry My Kampsite Rules	All vegetables and chicken/beef strips	GF noodles or pasta GF flavour sauce
Wood Fired Pizzas	All toppings – with the exception of cabanossi	GF pizza base
Stew	The entire Stew meal	GF Bread
Lunches		
Picnic Lunch	All salads and cheese and sliced ham	GF corn/rice thins or bread GF tuna
Burgers	All salads and cheese	GF bread or roll GF chicken or beef pattie
Hotdogs	The hotdogs are GF	GF bread
Breakfasts		
Cereals	Milk and tin peaches	GF Cereal
Pancakes and Croissants	Honey and margarine	GF pancakes or GF fruit bread
Toastie Sandwiches	Cheese, Tomato and Margarine	GF bread
Morning and Afternoon Teas and Treats	Popcorn, rice crackers, sultanas, apples and oranges, lollies	GF muesli bars Popcorn, sultanas or rice crackers Fruit
Desserts and Suppers	Caramel apples (apples and sugar in fire) and Hot chocolate	GF flour for damper GF marshmallows for toasting GF cookie GF choc cake
Lightweight Expedition	We have a GF pack.	
Other	If we do serve different items to the ones listed above a GF alternative will be provided.	