



Lactose Intolerance

- For students who are lactose intolerant please see the below table for the options we provide.
- You may choose to send along your own alternatives if you feel any of the below are not suitable (your child may have specific favourites or you may like to send along some extras)
- If you will be sending alternatives please refer to the instructions in the 'Menu Planning and Supplying Food for Camp'
- Please email us for a specific list of meals planned for your child's school/group

Lactose Intolerant

For those students who are lactose intolerant we provide:

- Soy milk or lactose-free milk for breakfast
- Soy milk or lactose-free milk with a 'sippa straw' or cordial for supper
- Other dairy products such as cheese, custard, etc are often only a small part of the meal and can be avoided quite well. We offer no alternative. Please send along alternatives if you wish.
- Please send along an alternate lactose free milk if your child/ward has another preference (no almond milk please as we are nut-aware)

Sending alternatives?

If you will be sending alternatives please refer to the instructions in the document 'Menu Planning and Supplying Food for Camp'

Dairy Free

If your child/ward has a full dairy allergy and cannot have dairy as an ingredient in such things as cakes, sauces, etc. Please refer to our 'Other Dietary Requirements' page for further information.