



**Somerset**  
Outdoor Learning – Colo River

Camp Somerset Pty Ltd

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## Menu Planning and Supplying Food for Camp

**Anaphylactic Allergens | 'Other' or Multiple Allergens | Vegan**

**Alternate provisions for Vegetarian, Lactose Intolerance and GF** – read in conjunction with the Somerset Dietary Information for each requirement

### How are meals delivered and prepared at Somerset?

During a camp our meals are prepared and served in a variety of ways, dependent on the type of program. During each camp there will be a sequence of meals, including two or three of the meal types below:

- Food is delivered to a campsite in group quantities and is prepared by the Group Leader with assistance from the Teacher and students
- Meal Activities - Wood Fired Pizzas and My Kampsite Rules - students are in Teams and must work together to produce a delicious and satisfying meal.
- Students are served fully prepared meals in our dining hall
- Students carry expedition food and stoves to cook and eat their meals at our expedition campsites

### What can Somerset provide? Which alternatives should I send to camp? What meals are planned?

- Please contact us for a *specific list of the meals planned* for your child's school/group
- Please read through the table below, it has listed;
  - *General descriptions* of all the meals
  - Some thoughts on '*simple*' items that may be suitable for Somerset to provide
  - Suggested items that may need to be *substituted* by the parent/carer
- There is space to indicate in the table below what you are happy for Somerset to provide, and what you will be sending to camp. Please feel free provide additional notes if required.
- If you will be sending alternatives please refer to the *packing instructions* for helpful tips
- Please do not hesitate to contact us with any query or for assistance with completing the form
- 'Allergy & Anaphylaxis Australia strongly encourages parents to supply at least some of the child's food if they have multiple severe food allergies'

### Specific Ingredients?

- Due to the supply of differing products, we cannot advise ingredients for specific items / foodstuffs. If you feel that an item may contain the allergen or traces of, then please supply an alternative for your child/ward.
- We source our fresh meats from a local butcher, however, we are unable to guarantee that these products do not have traces due to the environment in the butchery. Please send along alternatives if you have concerns here.
- If required, please send along any non-prescription medication that your child may require, (eg - paracetamol, antihistamine, gastrolyte, etc) as we are unable to guarantee which brands we carry at any given time.

## Supplying Alternatives for Camp

### The best way to send food to camp is;

- in an esky or cooler bag with ice bricks for the trip to camp
- well labelled – (eg – Tuesday dinner)
- portion packed – (eg 3 biscuits for supper not the whole pack)
- pre-cooked – easier to prepare / reheat
- one pot - easier to prepare / reheat
- sufficient / extra quantities – students can become upset if their 'safe' food runs out
- any storage notes – whether it needs to be kept in the fridge, freezer or dry store
- any special prep notes – (eg 'needs to be mixed with milk')
- When your child arrives at camp they are to give their food package to their Group Leader or Group Teacher so that it can be stored in the food services area. The required items for each meal will be packed and distributed to them with each food drop (usually twice per day).

### Consumption by other students?

- If the consumption of the food items, that your child is allergic to, by other members of the group is a concern, please contact us to discuss special arrangements that can be made. (these measures may include; your child going along the service line first, bread cut up separately to salad ingredients, the use of 'special dietary' pots and pans, etc)

### Use of communal utensils and washup, etc?

- If the use of communal plates, washing up water, etc is a concern, please contact us to discuss special arrangements that can be made. (You may like to send along some disposable plates and cutlery or/and your child's own chopping board and knife)

## Other Important Information

### Other steps to take;

- Advise the School of the arrangements made with Somerset. The School will want to apprise the teacher(s) ahead of time. The Group Teacher will be carrying one of the epipens.
- The school and the teacher on the group maintains a duty of care and will assist with any meal preparation, checking-in with your child/ ward, etc.
- Speak with your Doctor prior to attending to see if any additional arrangements need to be considered
- Check the expiry dates of medications

### Letting your child/ward know what to expect

- Please speak with your child/ward about the arrangements you have made with us so they know what to expect when they are at camp. Please let them know if they are ever unsure, hungry, etc to please speak with their Group Leader, Group Teacher (or to a friend to pass on) so that we can address their concerns promptly and ensure their wellbeing and safety.

**Please also be aware;**

- Please be aware that if your child's dietary requirements are due to medical reasons/consequences this information should be included on the medical form. If you have not indicated the diet requirements as a medical condition please contact the office to update the details.
- For anaphylactic allergies – please send at least 2 epipens to camp with your child / ward.
- As Somerset is a 'nut aware' camp we ask that any meals or snacks that are sent do not contain any nuts or peanuts or their products (eg almond milk, hazelnut spreads, peanut butter, etc).

Meal	<b>Meal Descriptions</b> <i>Please indicate if the whole meal is ok for your child/ward</i>	<b>'Simple' ingredients that Somerset can provide as a base</b> <i>Please indicate what will be suitable for your child/ward</i>	<b>Items to consider sending replacements for to go with the 'simple' items supplied by Somerset</b> <i>Please indicate what you'll be sending or if you will be replacing the whole meal</i>
<b>Dinners</b>			
Wood Fired Pizzas	Pizza base with BBQ or tomato sauce with an assortment of toppings including cheese, chicken, mince, ham, cabana, tomato, onion, pineapple, herbs, garlic, etc  <i>My child can eat the whole meal</i> Yes / No .....	<ul style="list-style-type: none"> <li>○ plain chicken and/or mince</li> <li>○ fresh vegetables and herbs</li> <li>○ pizza base</li> </ul> <i>My child can eat:</i> .....	<ul style="list-style-type: none"> <li>○ pizza base</li> <li>○ sauce</li> <li>○ meats</li> <li>○ cheese</li> </ul> <i>I will send to camp:</i> .....
Nachos	Corn chips, mince with tomato puree and mexe seasoning topped with cheese, tomato, lettuce and sour cream.  <i>My child can eat the whole meal</i> Yes / No .....	<ul style="list-style-type: none"> <li>○ un-seasoned corn chips</li> <li>○ cheese and sour cream</li> <li>○ tomato and lettuce</li> <li>○ unseasoned mince</li> </ul> <i>My child can eat:</i> .....	<ul style="list-style-type: none"> <li>○ seasoning</li> <li>○ mince</li> <li>○ cheese</li> </ul> <i>I will send to camp:</i> .....
BBQ	Sausages served with mashed potato, corn cobs and peas (or a mixed salad in warmer months)  <i>My child can eat the whole meal</i> Yes / No .....	<ul style="list-style-type: none"> <li>○ plain potato, corn and peas.</li> <li>○ beef sausages with pork casing</li> </ul> <i>My child can eat</i> .....	<ul style="list-style-type: none"> <li>○ sausages</li> </ul> <i>I will send to camp</i> .....

<b>Dinners cont'd</b>			
Stirfry   My Kampsite Rules	Chicken or beef strips with vegetables (eg - onion, capsicum, broccoli, cauli) in sauce (usually korma or honey soy) served over noodles or rice.	<ul style="list-style-type: none"> <li>○ plain chicken/beef strips</li> <li>○ vegetables</li> <li>○ plain rice</li> </ul>	<ul style="list-style-type: none"> <li>○ flavour sauce</li> <li>○ beef or chicken</li> </ul>
	<i>My child can eat the whole meal</i> Yes / No .....	<i>My child can eat</i> .....	<i>I will send to camp</i> .....
Stew	Diced beef, onions, potatoes, parsnips, swedes, carrots and peas in gravy.	<ul style="list-style-type: none"> <li>○ plain beef</li> <li>○ plain vegetables</li> </ul>	<ul style="list-style-type: none"> <li>○ gravy mix</li> <li>○ beef</li> </ul>
	<i>My child can eat the whole meal</i> Yes / No .....	<i>My child can eat</i> .....	<i>I will send to camp</i> .....
Extras	All dinners are served with bread and olive oil spread, water or cordial.		<ul style="list-style-type: none"> <li>○ bread</li> <li>○ spread</li> </ul>
	<i>My child can eat the whole meal</i> Yes / No .....	<i>My child can eat</i> .....	<i>I will send to camp</i> .....
<b>Lunches</b>			
Picnic Lunch	Lettuce, tomato, cucumber, tin pineapple & beetroot, sliced cheese, cold meat on cobb bread	<ul style="list-style-type: none"> <li>○ plain salad items</li> <li>○ bread</li> <li>○ cheese</li> </ul>	<ul style="list-style-type: none"> <li>○ sliced meat</li> <li>○ bread</li> </ul>
	<i>My child can eat the whole meal</i> Yes / No .....	<i>My child can eat</i> .....	<i>I will send to camp</i> .....

<b>Lunches cont'd</b>			
Burgers or Hotdogs	Crumbed chicken or beef patties with cheese, lettuce, tomato, pineapple and beetroot on a roll served with wedges Hotdogs – served with cheese as a farewell lunch	<ul style="list-style-type: none"> <li>○ salad items</li> <li>○ bread</li> <li>○ cheese</li> </ul>	<ul style="list-style-type: none"> <li>○ patties</li> <li>○ hotdogs</li> <li>○ bread</li> <li>○ wedges</li> <li>○ cheese</li> </ul>
	<i>My child can eat the whole meal</i> Yes / No .....	<i>My child can eat</i> .....	<i>I will send to camp</i> .....
Expedition Lunch	Lettuce, tomato, cucumber, longlife cheese, tin tuna and/or chicken on Lebanese or wrap bread	<ul style="list-style-type: none"> <li>○ plain salad items</li> <li>○ cheese</li> <li>○ bread</li> <li>○ plain tuna</li> </ul>	<ul style="list-style-type: none"> <li>○ bread</li> <li>○ tuna</li> <li>○ cheese</li> </ul>
	<i>My child can eat the whole meal</i> Yes / No .....	<i>My child can eat</i> .....	<i>I will send to camp</i> .....
<b>Breakfasts</b>			
All	All breakfasts have cereals (usually rice bubbles, corn flakes, sultana bran, weetbix) with milk and tin peaches, juice, toast with jam, honey or vegemite. Accompanied with one of dependent on the program; <ul style="list-style-type: none"> <li>○ pancakes</li> <li>○ eggs and bacon</li> <li>○ beans/spaghetti on toast</li> <li>○ croissants</li> <li>○ porridge</li> </ul>	<ul style="list-style-type: none"> <li>○ milk</li> <li>○ toast</li> <li>○ cereals</li> <li>○ juice</li> <li>○ tin peaches</li> </ul>	<ul style="list-style-type: none"> <li>○ milk</li> <li>○ cereals</li> <li>○ pancakes</li> <li>○ croissants</li> <li>○ eggs</li> <li>○ spreads</li> </ul>
	<i>My child can eat the whole meal</i> Yes / No .....	<i>My child can eat</i> .....	<i>I will send to camp</i> .....

<b>Other</b>						
<i>Lightweight Expedition Food</i>	A lightweight pack for some programs on expedition. Dinner and breakfast, plus snacks		We have a; <ul style="list-style-type: none"> <li><input type="radio"/> generic pack</li> <li><input type="radio"/> gluten and dairy free pack</li> <li><input type="radio"/> vegetarian pack</li> </ul>	<ul style="list-style-type: none"> <li><input type="radio"/> other requirements, if the 3 options listed aren't suitable</li> </ul>		
	<i>My child can eat the whole meal</i> Yes / No .....		<i>My child can eat</i> .....	<i>I will send to camp</i> .....		
<i>Morning &amp; Afternoon Teas &amp; Treats</i>	Apples and Oranges are provided with one of; <table border="0" style="width: 100%;"> <tr> <td style="width: 50%; vertical-align: top;"> <ul style="list-style-type: none"> <li><input type="radio"/> muesli / snack bars</li> <li><input type="radio"/> popcorn</li> <li><input type="radio"/> rice crackers</li> <li><input type="radio"/> sultanas</li> </ul> </td> <td style="width: 50%; vertical-align: top;"> <ul style="list-style-type: none"> <li><input type="radio"/> biscuits</li> <li><input type="radio"/> lollies</li> <li><input type="radio"/> chocolate bars</li> </ul> </td> </tr> </table>		<ul style="list-style-type: none"> <li><input type="radio"/> muesli / snack bars</li> <li><input type="radio"/> popcorn</li> <li><input type="radio"/> rice crackers</li> <li><input type="radio"/> sultanas</li> </ul>	<ul style="list-style-type: none"> <li><input type="radio"/> biscuits</li> <li><input type="radio"/> lollies</li> <li><input type="radio"/> chocolate bars</li> </ul>	<ul style="list-style-type: none"> <li><input type="radio"/> popcorn</li> <li><input type="radio"/> rice crackers</li> <li><input type="radio"/> sultanas</li> </ul>	<ul style="list-style-type: none"> <li><input type="radio"/> muesli bars</li> <li><input type="radio"/> biscuits</li> <li><input type="radio"/> chocolate bars</li> <li><input type="radio"/> lollies</li> </ul>
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<i>My child can eat all of these</i> Yes / No .....		<i>My child can eat</i> .....	<i>I will send to camp</i> .....			
<i>Desserts</i>	One of the below; <ul style="list-style-type: none"> <li><input type="radio"/> damper</li> <li><input type="radio"/> marshmallows</li> <li><input type="radio"/> cake</li> <li><input type="radio"/> caramel apples (apples and sugar in fire)</li> <li><input type="radio"/> biscuits</li> </ul>		<ul style="list-style-type: none"> <li><input type="radio"/> damper (plain flour and water)</li> <li><input type="radio"/> caramel apples</li> </ul>	<ul style="list-style-type: none"> <li><input type="radio"/> marshmallows</li> <li><input type="radio"/> cake</li> <li><input type="radio"/> biscuits</li> </ul>		
	<i>My child can eat all of these</i> Yes / No .....		<i>My child can eat</i> .....	<i>I will send to camp</i> .....		
<i>Suppers</i>	Hot chocolate or herbal tea or cordial and biscuits		<ul style="list-style-type: none"> <li><input type="radio"/> cordial</li> <li><input type="radio"/> plain milk</li> <li><input type="radio"/> herbal tea</li> </ul>	<ul style="list-style-type: none"> <li><input type="radio"/> biscuits</li> <li><input type="radio"/> hot chocolate</li> </ul>		
	<i>My child can eat all of these</i> Yes / No .....		<i>My child can eat</i> .....	<i>I will send to camp</i> .....		