



Vegetarian

[Cultural Meat-Free Requirements and Vegan]

- For students who are vegetarian 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 Fact Sheet *'Menu Planning and Supplying Food for Camp'*
- Please email us for a specific list of meals planned for your child's school/group

Vegetarian	
Meal	Alternatives that are provided by Somerset. Other components are suitable
<i>Dinners</i>	
Nachos	Beans
BBQ	Vegetarian patties or sausages
Stirfry My Kampsite Rules	Extra vegetables
Stew	Extra vegetables
<i>Lunches</i>	
Picnic Lunch	Salads, cheese and bread. No alternative is provided to replace the ham/cold meat.
Burgers or Hotdogs	Vegetarian patties or sausages
<i>Breakfasts</i>	Cereals with milk, toast and juice and accompanied with either pancakes, eggs, croissants, toasties, etc. Breakfasts are mostly meat-free, however, please avoid any bacon or ham that may be served with these items.
<i>Lightweight Expedition Food</i>	We have a vegetarian pack
<i>Other meals</i>	The meat can easily be avoided, or a vegetarian meal can be prepared (eg pizza)
<i>Morning & Afternoon Teas</i>	We may serve lollies, marshmallows and other snacks that may contain gelatine – please avoid or please send along an alternative.
<i>Other</i>	We may serve cheese that contains animal rennet – please avoid or please send along an alternative.
<u><i>Sending alternatives?</i></u> <i>If you will be sending alternatives please refer to the instructions in the Fact Sheet 'Menu Planning and Supplying Food for Camp'</i>	

Religious/Cultural Requirements – please refer to the vegetarian alternatives detailed above

For halal requirements, we will cater as vegetarian. Please send along meat to substitute if you wish. (please note; we are unable to verify our other products, please provide alternatives if you wish)

For no pork or no beef requirements, we will cater as vegetarian where required.

For kosher, we will cater as vegetarian. Please send along meat to substitute if you wish. (please note; we are unable to verify our other products, please provide alternatives if you wish)

Morning & Afternoon Teas

We may serve lollies, marshmallows and other snacks that may contain gelatine – please avoid or please send along an alternative.

Sending alternatives?

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

Vegan

We are unfortunately unable to provide a full vegan menu.
Please send along alternatives.

Sending alternatives?

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