



**23RD AOTEAROA NEW ZEALAND
SCOUT JAMBOREE 2023-24**

Catering and Food Distribution Manual

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WELCOME

On behalf of the Youth Catering Team welcome to 23rd Aotearoa New Zealand Scout Jamboree at Mystery Creek, Hamilton. We have designed nutritious and easy-to-prepare menus.

We have noted those with special diets, and the menus include the main dietary requirements. Where we have been unable to meet dietary requirements, individual arrangements have been made between troop leaders and the individual. We have cooler and freezer space available as prearranged for those individuals to store supplies.

The site is nut-free, so all food supplied by the Distribution Centre or available at the shop in the hub is nut-free.

Please note: the first Troop rations will be for Dinner on Saturday, 30 December 2023, and the last for Breakfast on Sunday, 7 January 2024.

While we have endeavoured to keep to the menu items listed, we are placing a huge demand on some suppliers when we know some items could be difficult to get or are limited. Fresh fruit/veggies/salads may vary depending on what is available.

Gilmours has worked tirelessly with suppliers to ensure we have everything we need. A big thank you to Gilmours and the suppliers for the effort they have put in and the support they are providing us.

Gilmours has also sponsored drink bottles for everyone, which will be distributed as part of the starter packs from the Distribution Centre. There is a space on the drink bottles for Youth to write their names.

It is summer – ensuring Youth have a full drink bottle with them before leaving the site for any activities is essential. Please provide water and cordial is available for them. Cordial can be ordered as needed.

Have a great Jamboree, and we look forward to meeting you all.

Happy Munching

Youth Catering Team

DELIVERY TIMES

The Duty Patrol will report to the Food distribution Store with the troop trolley twice daily to collect Troop rations with their Troop Number.

Please see below the schedule that notes the collection times for your troop for rations from the Distribution Centre during Jamboree. The Duty Patrol must be prompt for all supplies to be delivered on time so please ensure you are on time so you don't impact the next group.

The first pick-up will include your food requirements for dinner and supper that night, breakfast, lunch and snacks the next day, and a basic starter pack with all your essential items.

From day 2, the morning collection will provide dinner, dessert, and supper supplies, and the afternoon collection will include breakfast, lunch, and snacks for the following day. If there are frozen goods, this will be incorporated into the afternoon pick up.

All food is calculated for the troop's actual numbers, and we have made every attempt to be as accurate as possible.

Plastic crates will be provided, and need to come back with you for each pickup, as these are limited.

NO CRATES = NO FOOD!!

Ice Cream must be collected from the Food distribution centre chiller from 6.00 pm when this is on the menu.

Bread pick up as well with ice cream on day one.

Milk will be available from the same place at **allocated times daily** and in your ration pickups. (Milk guy between 11 am – 12 pm daily)

Ensure that your 'pick up person/people' brings their Troop number with them as all rations collected will be recorded so we can track supplies!!

The Food Distribution Store is on-site – look for our sign. It is located at the bottom of the hill from Gate 2 and is the big green shed

The store will be open from 7.00 am to 6.00 pm to restock initial pantry items that you may run out of e.g. salt, sugar, tea, coffee and spreads.

There will always be someone at the store during daylight hours, so feel free to come in if you get desperate outside these hours.

We will provide a 'Request for Basic items' form where you can select additional items you may have run out of. These items may be given immediately or (depending on how busy the store is) they will be available for you for your next pick up.

Schedule

Saturday, 30 December Afternoon Pick Up

	2:00pm - 2:20pm	2:20pm - 2:40pm	2:40pm - 3:00pm	3:00pm-3:20pm	3:20pm - 3:40pm	3:40pm-4:00pm	4:00pm-4:20pm
Troop	M01	M12	M24	N09	N21	T08	T20
	M02	M13	M25	N10	N22	T09	T21
	M03	M15	M26	N11	N24	T10	T22
	M04	M16	N01	N12	N25	T11	T23
	M05	M17	N02	N13	N26	T12	T24
	M06	M18	N03	N14	T01	T13	T25
	M07	M19	N04	N15	T02	T15	T26
	M08	M20	N05	N16	T03	T16	T27
	M09	M21	N06	N17	T04	T17	T28
	M10	M22	N07	N18	T05	T18	
	M11	M23	N08	N19	T06	T19	

Sunday, 31 December Morning Pick Up

	9:00am-9:20am	9:20am-9:40am	9:40am-10am	10:00am-10:20am	10:20am-10:40am	10:40am-11:00am	11:00am-11:20am
Troop	M12	M24	N09	N21	T08	T20	M01
	M13	M25	N10	N22	T09	T21	M02
	M15	M26	N11	N24	T10	T22	M03
	M16	N01	N12	N25	T11	T23	M04
	M17	N02	N13	N26	T12	T24	M05
	M18	N03	N14	T01	T13	T25	M06
	M19	N04	N15	T02	T15	T26	M07
	M20	N05	N16	T03	T16	T27	M08
	M21	N06	N17	T04	T17	T28	M09
	M22	N07	N18	T05	T18		M10
	M23	N08	N19	T06	T19		M11

Sunday, 31 December Afternoon Pick Up

	2:00pm - 2:20pm	2:20pm - 2:40pm	2:40pm - 3:00pm	3:00pm-3:20pm	3:20pm - 3:40pm	3:40pm-4:00pm	4:00pm-4:20pm
Troop	M24	N09	N21	T08	T20	M01	M12
	M25	N10	N22	T09	T21	M02	M13
	M26	N11	N24	T10	T22	M03	M15
	N01	N12	N25	T11	T23	M04	M16
	N02	N13	N26	T12	T24	M05	M17
	N03	N14	T01	T13	T25	M06	M18
	N04	N15	T02	T15	T26	M07	M19
	N05	N16	T03	T16	T27	M08	M20
	N06	N17	T04	T17	T28	M09	M21
	N07	N18	T05	T18		M10	M22
	N08	N19	T06	T19		M11	M23

Monday, 1 January Morning Pick Up

	9:00am-9:20am	9:20am-9:40am	9:40am-10am	10:00am-10:20am	10:20am-10:40am	10:40am-11:00am	11:00am-11:20am
Troop	N09	N21	T08	T20	M01	M12	M24
	N10	N22	T09	T21	M02	M13	M25
	N11	N24	T10	T22	M03	M15	M26
	N12	N25	T11	T23	M04	M16	N01
	N13	N26	T12	T24	M05	M17	N02
	N14	T01	T13	T25	M06	M18	N03
	N15	T02	T15	T26	M07	M19	N04
	N16	T03	T16	T27	M08	M20	N05
	N17	T04	T17	T28	M09	M21	N06
	N18	T05	T18		M10	M22	N07
	N19	T06	T19		M11	M23	N08

Monday, 1 January Afternoon Pick Up

	2:00pm - 2:20pm	2:20pm - 2:40pm	2:40pm - 3:00pm	3:00pm-3:20pm	3:20pm - 3:40pm	3:40pm-4:00pm	4:00pm-4:20pm
Troop	N21	T08	T20	M01	M12	M24	N09
	N22	T09	T21	M02	M13	M25	N10
	N24	T10	T22	M03	M15	M26	N11
	N25	T11	T23	M04	M16	N01	N12
	N26	T12	T24	M05	M17	N02	N13
	T01	T13	T25	M06	M18	N03	N14
	T02	T15	T26	M07	M19	N04	N15
	T03	T16	T27	M08	M20	N05	N16
	T04	T17	T28	M09	M21	N06	N17
	T05	T18		M10	M22	N07	N18
	T06	T19		M11	M23	N08	N19

Tuesday, 2 January Morning Pick Up

	9:00am-9:20am	9:20am-9:40am	9:40am-10am	10:00am-10:20am	10:20am-10:40am	10:40am-11:00am	11:00am-11:20am
Troop	T08	T20	M01	M12	M24	N09	N21
	T09	T21	M02	M13	M25	N10	N22
	T10	T22	M03	M15	M26	N11	N24
	T11	T23	M04	M16	N01	N12	N25
	T12	T24	M05	M17	N02	N13	N26
	T13	T25	M06	M18	N03	N14	T01
	T15	T26	M07	M19	N04	N15	T02
	T16	T27	M08	M20	N05	N16	T03
	T17	T28	M09	M21	N06	N17	T04
	T18		M10	M22	N07	N18	T05
	T19		M11	M23	N08	N19	T06

Tuesday, 2 January Afternoon Pick Up

	2:00pm - 2:20pm	2:20pm - 2:40pm	2:40pm - 3:00pm	3:00pm-3:20pm	3:20pm - 3:40pm	3:40pm-4:00pm	4:00pm-4:20pm
Troop	T20	M01	M12	M24	N09	N21	T08
	T21	M02	M13	M25	N10	N22	T09
	T22	M03	M15	M26	N11	N24	T10
	T23	M04	M16	N01	N12	N25	T11
	T24	M05	M17	N02	N13	N26	T12
	T25	M06	M18	N03	N14	T01	T13
	T26	M07	M19	N04	N15	T02	T15
	T27	M08	M20	N05	N16	T03	T16
	T28	M09	M21	N06	N17	T04	T17
		M10	M22	N07	N18	T05	T18
		M11	M23	N08	N19	T06	T19

Wednesday, 3 January Morning Pick Up

	9:00am-9:20am	9:20am-9:40am	9:40am-10am	10:00am-10:20am	10:20am-10:40am	10:40am-11:00am	11:00am-11:20am
Troop	M01	M12	M24	N09	N21	T08	T20
	M02	M13	M25	N10	N22	T09	T21
	M03	M15	M26	N11	N24	T10	T22
	M04	M16	N01	N12	N25	T11	T23
	M05	M17	N02	N13	N26	T12	T24
	M06	M18	N03	N14	T01	T13	T25
	M07	M19	N04	N15	T02	T15	T26
	M08	M20	N05	N16	T03	T16	T27
	M09	M21	N06	N17	T04	T17	T28
	M10	M22	N07	N18	T05	T18	
	M11	M23	N08	N19	T06	T19	

Wednesday, 3 January Afternoon Pick Up

	2:00pm - 2:20pm	2:20pm - 2:40pm	2:40pm - 3:00pm	3:00pm-3:20pm	3:20pm - 3:40pm	3:40pm-4:00pm	4:00pm-4:20pm
Troop	M12	M24	N09	N21	T08	T20	M01
	M13	M25	N10	N22	T09	T21	M02
	M15	M26	N11	N24	T10	T22	M03
	M16	N01	N12	N25	T11	T23	M04
	M17	N02	N13	N26	T12	T24	M05
	M18	N03	N14	T01	T13	T25	M06
	M19	N04	N15	T02	T15	T26	M07
	M20	N05	N16	T03	T16	T27	M08
	M21	N06	N17	T04	T17	T28	M09
	M22	N07	N18	T05	T18		M10
	M23	N08	N19	T06	T19		M11

Thursday, 4 January Morning Pick Up

	9:00am-9:20am	9:20am-9:40am	9:40am-10am	10:00am-10:20am	10:20am-10:40am	10:40am-11:00am	11:00am-11:20am
Troop	M24	N09	N21	T08	T20	M01	M12
	M25	N10	N22	T09	T21	M02	M13
	M26	N11	N24	T10	T22	M03	M15
	N01	N12	N25	T11	T23	M04	M16
	N02	N13	N26	T12	T24	M05	M17
	N03	N14	T01	T13	T25	M06	M18
	N04	N15	T02	T15	T26	M07	M19
	N05	N16	T03	T16	T27	M08	M20
	N06	N17	T04	T17	T28	M09	M21
	N07	N18	T05	T18		M10	M22
	N08	N19	T06	T19		M11	M23

Thursday, 4 January Afternoon Pick Up

	2:00pm - 2:20pm	2:20pm - 2:40pm	2:40pm - 3:00pm	3:00pm-3:20pm	3:20pm - 3:40pm	3:40pm-4:00pm	4:00pm-4:20pm
Troop	N09	N21	T08	T20	M01	M12	M24
	N10	N22	T09	T21	M02	M13	M25
	N11	N24	T10	T22	M03	M15	M26
	N12	N25	T11	T23	M04	M16	N01
	N13	N26	T12	T24	M05	M17	N02
	N14	T01	T13	T25	M06	M18	N03
	N15	T02	T15	T26	M07	M19	N04
	N16	T03	T16	T27	M08	M20	N05
	N17	T04	T17	T28	M09	M21	N06
	N18	T05	T18		M10	M22	N07
	N19	T06	T19		M11	M23	N08

Friday, 5 January Morning Pick Up

	9:00am-9:20am	9:20am-9:40am	9:40am-10am	10:00am-10:20am	10:20am-10:40am	10:40am-11:00am	11:00am-11:20am
Troop	N21	T08	T20	M01	M12	M24	N09
	N22	T09	T21	M02	M13	M25	N10
	N24	T10	T22	M03	M15	M26	N11
	N25	T11	T23	M04	M16	N01	N12
	N26	T12	T24	M05	M17	N02	N13
	T01	T13	T25	M06	M18	N03	N14
	T02	T15	T26	M07	M19	N04	N15
	T03	T16	T27	M08	M20	N05	N16
	T04	T17	T28	M09	M21	N06	N17
	T05	T18		M10	M22	N07	N18
	T06	T19		M11	M23	N08	N19

Friday, 5 January Afternoon Pick Up

	2:00pm - 2:20pm	2:20pm - 2:40pm	2:40pm - 3:00pm	3:00pm-3:20pm	3:20pm - 3:40pm	3:40pm-4:00pm	4:00pm-4:20pm
Troop	T08	T20	M01	M12	M24	N09	N21
	T09	T21	M02	M13	M25	N10	N22
	T10	T22	M03	M15	M26	N11	N24
	T11	T23	M04	M16	N01	N12	N25
	T12	T24	M05	M17	N02	N13	N26
	T13	T25	M06	M18	N03	N14	T01
	T15	T26	M07	M19	N04	N15	T02
	T16	T27	M08	M20	N05	N16	T03
	T17	T28	M09	M21	N06	N17	T04
	T18		M10	M22	N07	N18	T05
	T19		M11	M23	N08	N19	T06

Saturday, 6 January Morning Pick Up

	9:00am-9:20am	9:20am-9:40am	9:40am-10am	10:00am-10:20am	10:20am-10:40am	10:40am-11:00am	11:00am-11:20am
Troop	T20	M01	M12	M24	N09	N21	T08
	T21	M02	M13	M25	N10	N22	T09
	T22	M03	M15	M26	N11	N24	T10
	T23	M04	M16	N01	N12	N25	T11
	T24	M05	M17	N02	N13	N26	T12
	T25	M06	M18	N03	N14	T01	T13
	T26	M07	M19	N04	N15	T02	T15
	T27	M08	M20	N05	N16	T03	T16
	T28	M09	M21	N06	N17	T04	T17
		M10	M22	N07	N18	T05	T18
		M11	M23	N08	N19	T06	T19

Saturday, 6 January Afternoon Pick Up

	2:00pm - 2:20pm	2:20pm - 2:40pm	2:40pm - 3:00pm	3:00pm-3:20pm	3:20pm - 3:40pm	3:40pm-4:00pm	4:00pm-4:20pm
Troop	M01	M12	M24	N09	N21	T08	T20
	M02	M13	M25	N10	N22	T09	T21
	M03	M15	M26	N11	N24	T10	T22
	M04	M16	N01	N12	N25	T11	T23
	M05	M17	N02	N13	N26	T12	T24
	M06	M18	N03	N14	T01	T13	T25
	M07	M19	N04	N15	T02	T15	T26
	M08	M20	N05	N16	T03	T16	T27
	M09	M21	N06	N17	T04	T17	T28
	M10	M22	N07	N18	T05	T18	
	M11	M23	N08	N19	T06	T19	

SPECIAL DIETARY REQUIREMENTS

We have done our utmost best to cater for those allergies we were aware of. If you have concerns or need to check anything, please visit the Distribution Centre and talk with the Catering Manager.

Catering Manager – Trudi Amos

Diets that Jamboree are catering for:

- Halal
- Lactose intolerant/dairy free
- Coeliac/gluten-free
- Vegetarian/Vegan
- Nut free
- Egg free

Milk that is being supplied for dairy free – Soy Milk, Rice Milk and A2 Milk

Some dietary nonperishable food will be provided in the starter packs, so please ensure you manage these as some (like the gluten-free Weetbix) should last for the whole of Jamboree. If you need additional supplies, these can be asked for.

Gluten-free bread products for breakfast/lunches will be supplied daily and provided at pick-ups.

For those with needs, NO PORK, NO BEEF, and NO CHICKEN have been included in the vegetarian options for that day.

For those that have stated vegan on their registration, just check snack options so you select the correct ones.

All egg-free diets include snacks for morning and afternoon teas, supper and desserts.

If there are specific allergies e.g., no capsicum, onion, chilli, or cucumber, the Troop Leader and leaders on site will assist with this. But is it being aware of what your Scouts can and can't eat and not mixing it through their portions?

In the Distribution Centre:

Dietary corner will be found to the right inside the entrance of the distribution centre, signage will be placed up:

- All dietary products will be kept apart from all normal products, besides ice creams/ice blocks
- All products will be kept sealed and vegetarian products will be kept on separate selves of fridge/freezes
- Some products require a break down in the hub
- Before breakdown, table will be sanitised, and product pulled out and opened
- Hands sanitised and gloves placed on, and dedicated chopping boards only for dietary product use. Everything will be labelled.
- For safety reasons those working in the dietary corner will sanitise hands every hour, and wash hands when possible
- Knives/utensils being used will be labelled for specific diets and kept apart, they will also be washed after the first pick up, and second pick up of the day and after any breakdowns
- Table will be covered in plastic wrap and replaced when needed, and at the beginning of each day

At each grocery pick up, some Troops will need to come to the dietary corner to pick up items, you may need to wait for her for a few minutes as some things will be broken down as Duty Patrols arrive.

On Troop Lines:

- Troop leaders will need to keep foods separated when opened
- When cooking dietary meals, one person needs to be on each meal so cross-contamination does not occur

If there are any concerns or changes that need to be made please speak with the Catering Manager Trudi Amos and we will do our best to accommodate all needs.

DRINK / DRINK BOTTLES

On arrival at the 23rd Aotearoa New Zealand Scout Jamboree everyone will be supplied with a water bottle. Ensure there is always water and cordial on site and that Scouts have full water bottles to take to activities. A big thank you to Gilmours who has kindly sponsored these. There is space to write your name so they don't get mixed up.

RUBBISH BAGS

Rubbish bags will be available in your first pick up, you will receive bags through pick-ups at the Distribution Centre throughout the Jamboree.

OFF SITE CATERING

Scouts and Leaders who are away all day at an offsite activity will have to take a packed lunch. Remember to make these in the morning before you depart.

BIRTHDAY CAKES AND ICE

Birthday cakes and Ice will be available at The Hub for purchase and pick up.

- Cost of the Birthday cake is \$25
- Cost of ice is \$3
- Pick up times are 9.30 am to 11.30 am and 2.30 pm to 4.30 pm Sunday, 31 December to Saturday, 6 January
- The pick up time for Saturday, 30 December is 2.30 pm to 4.30 pm

GRACES

Dear Lord,
For good food, good fun and good friendship,
We thank you
Amen

Dear Lord,
We thank you for this food and drink,
And for the life it gives,
So we may live each day to the fullest.
Amen

Scout Grace (can be sung to several different tunes)
For health and strength and daily food,
We give thee thanks O Lord,
For fellowship and all things good,
We praise thy name O Lord

Thank you for the love we get,
Thank you for the food we eat,
Thank you for the friends we meet,
Thank you for the life we live

HYGIENE HINTS

Food Storage

Ensure all perishables are stored in chilly bins with ice, fruit and vegetables in boxes raised off the ground for ventilation, dry goods kept in covered containers.

Food Preparation

Wash your hands, Wash your hands, Wash your hands!!!!

Have pump soap available as well as hand sanitizers. To avoid cross-contamination, provide non-porous food preparation surfaces and separate clearly marked chopping boards for red and white meat and vegetables. Keep food covered at all times. Clean all food surfaces with an antibacterial spray when finished.

Clean Up

Throw out all unused/opened perishable food after every meal. Everything normally refrigerated should be thrown out except milk, marge, cheese etc. Thoroughly clean all cooking pots and utensils – air dry. Consider the dunking process (plates in a mesh bag dunked in boiling water then hung to air dry) for eating plates and utensils after they have been washed or using plastic ware. Restrict the use of towels as they easily become contaminated. Soak all dishcloths, pots scrubs etc in a mild solution of Janola every day.

RUBBISH AND RECYCLING

Solid waste will be separated into different waste streams at Jamboree. This allows for easy collection and appropriate disposal, whether recycling, reuse, treatment, or disposal to landfill.

On your Troop sites, you will be provided with:

- one 240L wheelie bin for 'Landfill'
- one crate for 'Recycling' – plastics 1, 2 and 5, glass and cans
- one small 12L bucket for Tetra Paks and soft plastics
- two 20L buckets with lids, for 'Organics' – food waste (not liquids)

ALL recycling (plastics, glass and aluminium and tin cans), soft plastics and Tetra Paks are to be clean and dry, please.

You will then dispose of the waste as follows:

- Central waste stations:
 - Landfill wheelie bin
 - Recycling crate (where further separation will be required)
- ENVO World activity base:
 - Bucket with soft plastics and tetra paks
 - Bucket(s) of organic food waste
- Distribution Centre:
 - All cardboard boxes need to be flattened and put into the large cages, next to the Distribution Centre, when getting your food supplies.
 - All washed and squashed milk bottles.
- The Hub:
 - All batteries need to be disposed of at The Hub

Note

- Soft plastic refers to bread bags, bubble wrap, plastic wrappers of products such as biscuits, chips, pasta, cereal liners, cling film, netting citrus bags, anything that has a soft plastic sheath.
- Caps and bottle lids should be removed and put in the Landfill wheelie bin.
- Broken glass must be wrapped and disposed of in the Landfill wheelie bin.

CATERING EQUIPMENT

Utensils

3	Flat cooking spatulas for eggs/burgers
1	Scraper to clean BBQ
3	Slotted serving spoons
3	Large serving spoons
	Sharp knives
3	Vege peelers
2	Can openers
2	Ladles
4	Rubber spatulas
6	Pair tongs
2	Egg beaters
1	Large tongs cooking BBQ for sausages

Preparation Gear

6	Chopping boards
1	Measuring jug
	Assorted bowls/ice cream containers with lids for storage or prep for salads
	Containers with lids for sugar, tea, coffee
2	Graters
	Paper towels
	Gladwrap
	Plastic bags
	Tin foil

Cooking Gear

	3 burner BBQ with hotplate or similar
	Gas bottle regulators for 9kg bottles
2	2/3 burner gas cookers
3	Large stockpots with lids – 20 litre
1	Large colander
1	Kettle
3	4 sided toasters
2	Gas lighters
3	Fry pans
2	Large baking dishes (bamarines) with lids to keep cooked food warm

Miscellaneous

	Tea towels
	Dish clothes (2 colours) 1 for food prep, 1 for other surfaces
	Dish washing liquid/pump hand wash soap
	Anti-bacterial spray and wipe
	Disinfectant/Bleach
	Dish washing basins
	Dish washing brushes
	Scrubbing brushes
	Scouring pads
	Leather gloves
	Fly spray
3	Large chilly bins
	Fire extinguisher/gas lamps
	Clothesline/pegs
6	Plastic buckets
	Tables and chairs – eating, food prep and food serving

INITIAL PANTRY ISSUE

In addition to your first delivery of food for Saturday, 30 December 2023 dinner you will receive the following pantry items.

Tea, coffee, sugar, milo, spreads, margarine, salad dressing, salt, pepper, cooking oil, Tomato Sauce, hot sauce, thrifty cordial concentrate and any dietary non-perishables.

SERVING MEALS

It is important to maintain a family atmosphere during the 23rd Aotearoa New Zealand Scout Jamboree. When the food is ready the Troop sits down together (except for the Duty Patrol) grace is sung, the food is served attractively, and everyone remains at the table until everyone has finished. At this point dishes can be done and ready for the evening's activities.

HIGH-LEVEL MENU

A 'Recipe Sheet' on how to cook for each day, and the quantities per person are below the high-level menu broken down by each meal. The recipe sheets also show what supplies should have been collected.

Date	Breakfast	Morning Tea	Lunch	Afternoon Tea	Dinner	Dessert	Supper
30 December					Hamburgers	Cornetto Cones	Cake / Slice Hot Drink
31 December	Cereals Toast Beans Tinned Fruit	Biscuits Fruit	Filled rolls Muesli Bar	Cracker/cheese Fruit	Sweet & Sour Pork	Apple shortcake Custard Ice cream	Cake / Slice Hot Drink
1 January	Pancakes maple syrup Toast Tinned Fruit	Biscuits Fruit	Wraps Chelsea Bun	Muesli Bar Fruit	Nachos Salad	Cheesecake Tinned Fruit	Cake / Slice Hot Drink
2 January	Cereals Toast Spaghetti Breakfast Sausage	Biscuits Fruit	Pita Bread Muffin	Popcorn Bar Fruit	Chicken Curry	Ice cream Sandwich	Cake / Slice Hot Drink
3 January	Bacon & Eggs Cereals Toast	Biscuits Fruit	Frankfurters Muffin	Muesli Bars Fruit	BBQ Sausages Salad Coleslaw	Pavlova Tinned Fruit	Cake / Slice Hot Drink
4 January	French Toast Cereals Tinned fruit	Biscuits Fruit	Sandwich Muesli Bar	Popcorn Fruit	Spaghetti Bolognese Salad	Apple Shortcake Custard Ice cream	Cake / Slice Hot Drink
5 January	Cereals Toast Beans Tinned Fruit	Biscuits Fruit	Wraps Muffin	Crackers Fruit	Burritos	Cheesecake Tinned Fruit	Cake / Slice Hot Drink
6 January	Pancakes Maple syrup Toast Tinned Fruit	Biscuits Fruit	Long rolls Chelsea Bun	Chips Fruit	Chicken Bacon Burgers Coleslaw	Cornetto Cones	Cake / Slice Hot Drink
7 January	Cereals Toast Spaghetti Breakfast Sausage						

MENU RUN SHEETS, QUANTITIES AND DINNER RECEIPES

Codes Dietary

Code	Description
GF	Gluten Free
DF	Dairy Free
VEG	Vegetarian
V	Vegan (unless listed separately this includes egg free)
EG	Egg free
Halal	Halal

We are still sourcing some products and bread for egg free/vegan so don't panic if you can't see something listed, there will be something for you on the day. Onion and garlic allergies will also be highlighted when food is distributed.

Day 1 - Saturday 30 December 2023

DINNER			DESSERT			SUPPER		
Item	Brand	Dietary Item	Item	Brand	Dietary Item	Item	Brand	Dietary Item
Beef Burger Patties -FRZN	Angel Bay	Halal	Icecream - Vanilla	Much Moore		Banana slab cake - FRZN	Original foods	
Buns - FRZN	Cottage Lane		Fruit stack popsicle	Tip Top	(DF/GF/V)	Belgium slice	Pavillion	DF / GF
Lettuce Iceberg						Brownie - FRZN	Original foods	GF
Tomato - Fresh						Milk	Variety	DF
Beetroot sliced	Gilmours							
Cheese	Anchor							
Burger pattie - FRZN	Polaris	GF/VEG/DF						
Sourdough burger buns - FRZN	Venerdi	GF						
Cheedar sliced	Nudairy	DF						
Burger pattie - FRZN		V						

Burgers

Welcome to the first night of cooking. We have made it easy tonight!

Important

Some of your food may be gluten/dairy free/vegetarian/vegan. Make sure that food is prepared in a separate area away from the main food. Make sure the vegetarian/dairy-free meat is cooked separately – a good tip is to put it on top of tinfoil so it doesn't get mixed up.

Serving Size

Two Each

Method

Hopefully, you have found your BBQ or large fry pan to cook the patties in.

Get the patties cooking – they won't take long. While you have the patties cooking get the rest ready:

- Cut buns in half
- Open the beetroot
- Prep the lettuce
- Slice tomatos
- Get cheese out
- Have the sauce on hand!

When patties are cooked people can assemble their own burgers and then dig in.

Pick up ice cream between 6 pm – 7 pm from Distribution Centre

Day 2 - Sunday, 31 December 2023

BREAKFAST			MORNING TEA			LUNCH		
Item	Brand	Dietary Item	Item	Brand	Dietary Item	Item	Brand	Dietary Item
Cornflakes	Sanitarium		Biscuit - FRZN	Mrs Higgins		Cottage Lane pre sliced buns - FRZN	Cottage Lane	
Rices	Sanitarium		fruit			Beef Roast Farmlands sliced	farmlands	
Weetbix	Sanitarium		Cookies	Leda	GF / DF	Lettuce Iceberg-FVEG		
Peach slices - clear juice	Gilmours					Tomato Fresh-FVEG		
Milk	Various					Cucumber Telegraph		
Bread White Toast	Couplands					Cheese Slice		Anchor
Bread Wheatmeal Toast	Couplands					Nice n tasty raspberry		Griffins
Baked Beans	Oak		Popcorn	Pop n Good		Sourdough burger buns - FRZN	Venerdi	DF / GF
Weetbix	Sanitarium	GF	Fruit			Dairy-free Sliced Cheddar	Nudairy	DF
Cornflakes	Kelloggs	GF	Pea crisps	Harvest snaps	GF / DF	Roasted chickpeas chocolate	Happy snack co	GF / DF
Bread	Venerdi	GF / DF						
DINNER			DESSERT			SUPPER		
Item	Brand	Dietary Item	Item	Brand	Dietary Item	Item	Brand	Dietary Item
Pork Diced-FRZN	WH		Shortcake Apple - FRZN	Florentines		Slice Lollie cake - FRZN	Original foods	
Sauce Sweet and Sour	Knorr		Custard Vanilla	Anchor		Ginger slice - FRZN	Mrs Higgins	DF/GF
Vegetable Stirfry -FRZN	watties		Ice Cream Vanilla -FRZN	Deep South		Milk	Variety	DF
Noodle Egg Dried-DRY	High Mark		Apple crumble - FRZN	Pavillion	GF/ DF			
Spirals pasta	San Remo	GF / DF						
Mini Falafel - FRZN	Wild Chef	GF/VEG/DF						
Sweet and sour sauce	Barkers	GF/VEG/DF/V						

Quantities

Menu	Item	Serve/Quantity
Breakfast	Rices, Cornflakes, Baked Beans	1
	Weetbix/Toast	2
	Drink	
Morning Tea	Biscuits	2
	Fruit	1
Lunch	Filled rolls	2
	Raspberry Slice	1
	Drink	
Afternoon Tea	Snack – in packet	1
	Fruit	1
Dinner	Generous serving	1
	Drink	
Dessert	Apple shortcake	1
	Apple crumble	1
Supper	Slice	1
	Drink	

Dinner

Sweet & Sour Pork

Method

1. Put 1 medium pot of water and bring to a boil (if you are cooking DF/GF pasta)
2. When boiling add pasta
3. Put 1 large pot of water and bring to the boil
4. When boiling add noodles
5. In a large frying pan add some cooking oil and cook the pork, keep turning it until it is cooked.
6. Once cooked put some pork aside (for DF/GF)
7. Add sweet and sour sauce to the rest of the pork.
8. Heat up the (GF/DF/VEG) sweet and sour sauce on its own.
9. Next heat some oil (just enough to thinly coat the bottom of your pan) the pan must be large enough for your veggies and still have room to stir them. Add the veggies, and stir until cooked through. Keep warm.
10. Heat a small fry pan and heat the Falafel (if the site has GF/DF/VEG/V)
11. When the pasta is ready drain it using a large colander (make sure to drain the GF/DF pasta in a clean colander)
12. Serve components separately for convenience of dietary requirements.

Main Meal	Pork Sweet and sour sauce Vegetables Noodles
Diet Meal (GF/DF)	Pork Sweet and sour sauce (GF/DF/VEG) Vegetables Spiral pasta
Diet Meal (VEG/V)	Falafel Sweet and sour sauce (GF/DF/VEG) Vegetables Spiral pasta

Pick up ice cream between 6 pm – 7 pm from Distribution Centre

Day 3 - Monday, 1 January 2024

BREAKFAST			MORNING TEA			LUNCH		
Item	Brand	Dietary Item	Item	Brand	Dietary Item	Item	Brand	Dietary Item
Bread Daily White Toast	Couplands		Biscuit - FRZN	Mrs Higgins		Frankfurters - Value 40 pk	Value	GF
Bread Daily Wheatmeal Toast	Couplands		Fruit			Bread Roll Long 6 Inch	couplands	
Pancake-FRZN	Marcel's		Cookies	Kea	GF / DF / VEG	Grated cheese	Valumetric	
Syrup Maple-Dry	Gilmours					onion	Random	
Cornflakes	Sanitarium					Mustard American Mild	Masterfoods	
Rices breakfast cereal	Sanitarium					Muffin Blueberry Mega - FRZN	Original Foods	
Weetbix-Dry	Sanitarium							
			AFTERNOON TEA			Vegetarian sausages - Tonzu	Tonzu	VEG
Bread Gluten free - FRZN	Venerdi	GF / DF	Chips	ETA		Sourdough burger buns (med) - FRZN	Venerdi	DF/GF
Plant powered pancake - FRZN	Marcel's	DF / V	Fruit			Dairy-free Sliced Cheddar	Nudairy	DF
Crepes - FRZN	Marcel's	GF	Knot Pretzels	Eskal	GF / VEG/V	Baked Fruit filled bar	LEDA	DF/GF
Milk	Various	DF						
Up and Go vanilla	Sanitarium	DF/GF/VEG						
DINNER			DESSERT			SUPPER		
Item	Brand	Dietary Item	Item	Brand	Dietary Item	Item	Brand	Dietary Item
Beef Mince Prime - FRZN	Pure South	Halal	Fruit Salad Clear Juice	Gilmours		Biscuit	Baker Boys	
Corn Chip Cheese flavoured	Gilmours	GF	Cheesecake Strawberry	Florentines		Gingernuts	Leda	GF
Onion Jumbo	Random		Nom Summer fruit bites		DF/GF/V	Milk	Variety	DF
Garlic NZ	Random		Coconut Macaroons		GF			
Chilli beans mild	Craig's							
Grated cheese	Valumetric							
Sour Cream-CHILL	Tatua							
Lettuce Iceberg	Random							
Tomato Fresh	Random							
Cucumber Telegraph	Random							
Corn chip	Gilmours	DF / GF / V						
Plant based mince	Bean Supreme	DF / GF						
Dairy-free Shredded Cheddar	Nudairy	DF / GF / V						

Quantities

Menu	Item	Serve/Quantity
Breakfast	Rices, Cornflakes	1
	Weetbix/Toast	2
	Drink	
	Pancake	3
Morning Tea	Biscuits	2
	Fruit	1
Lunch	Frankfurter	2
	Muffin/Bar	1
	Drink	
Afternoon Tea	Snack – in packet	1
	Fruit	1
Dinner	Generous serving	1
	Drink	
Dessert	Cheesecake	1
Supper	Biscuit	2
	Drink	

Dinner

Nachos

Method

1. Cut the onions in half and peel and dice them.
2. In a large frying pan, heat some cooking oil and add the diced onions, cook them until they are soft and starting to brown a little add the crushed garlic and stir through.
3. In a separate fry pan add the mince, break it up and keep stirring until browned.
4. Now add the baked beans to the mince (keep some beans aside for the dietary meal), seasoning and salt and pepper to taste, and stir through making sure they are evenly mixed in. In the small pan put a portion of the beans into it enough for the vegetarians, onion /garlic allergies in the Troop
5. In a separate fry pan add plant-based mince and cook until browned for the vegetarians in the troop, add the beans
6. While the mince is cooking, wash and prep the lettuce, and dice the cucumber and tomato
7. Serve mince/beans on top of the corn chips, and add a small spoon of sour cream and cheese on top. Serve lettuce, cucumber and tomato on the side

Main Meal (GF)	Bean mince lettuce cucumber tomato nacho chips cheese Sour cream
Diet Meal (DF)	Bean mince lettuce cucumber tomato nacho chips (DF) Cheese (DF)
Diet Meal (VEG/V)	Plant-based mince beans lettuce cucumber tomato nacho chips Cheese (DF/VEG/V)

Pick up ice cream between 6 pm – 7 pm from Distribution Centre

Day 4 - Tuesday, 2 January 2024

BREAKFAST			MORNING TEA			LUNCH		
Item	Brand	Dietary Item	Item	Brand	Dietary Item	Item	Brand	Dietary Item
Cornflakes	Sanitarium		Biscuit	Mrs Higgins		Tortilla - White - FRZN	Cottage lane	
Rices breakfast cereal	Sanitarium		Fruit			Corned Silverside Sliced - CHILL	Farmlands	
Weetbix	Sanitarium		Cookies	Mrs Higgins	GF / DF	Lettuce Iceberg	Random	
Peach Slices Clear Juice	Gilmours					Tomato Fresh	Random	
Milk Blue						Cucumber Telegraph	Random	
Bread Daily White Toast-FVEG	Couplands					Cheese Processed Slice on Slice pale	Anchor	
Bread Daily Wheatmeal Toast-FVEG	Couplands		AFTERNOON TEA			Muffin Chocolate Whammy	Original Foods	
Spaghetti-DRY	Gilmours		Tropical crunch bar	Griffins		Wraps 10 inch 6pk - FRZN	Cottage Lane	DF / GF / V
Precooked breakfast sausages	Hellers		Fruit			Dairy-free Shredded Cheddar	Nudairy	DF / GF / V
Breakfast sausages	Tonzu	VEG / V	cookies	Leda	DF / GF	Baked Fruit filled bar	LEDA	DF / GF
Up and Go	Sanitarium	DF/GF						
Bread Gluten free - FRZN	Venerdi	GF						
Milk Blue	Various	DF						
DINNER			DESSERT			SUPPER		
Item	Brand	Dietary Item	Item	Brand	Dietary Item	Item	Brand	Dietary Item
Chicken shredded roast	Tegel		Icecream slices - FRZN	Tip Top		Chocolate Slab Cake - FRZN	Original Foods	
Butter Chicken Curry Sauce	Barkers	EF	Blonde berry slice slab - FRZN	Original foods	GF	Melting Moments	Kezs	GF / DF
Parboiled rice	Gilmours					Milk	Variety	DF
Spirals pasta	Gilmours	DF / GF						
Sunfed Chicken Free Chicken - FRZN	Sunfed	GF / VEG						
Thai Green curry	Barkers	DF / GF / VEG / V						
Chicken shredded roast	Hellers	GF						

Menu	Item	Serve/Quantity
Breakfast	Rices, Cornflakes/Spaghetti	1
	Weetbix/Sausages/Toast	2
	Drink	
Morning Tea	Biscuits	1 (diet 2)
	Fruit	1
Lunch	Wraps	2
	Muffin/Bar	1
	Drink	
Afternoon Tea	Bar	1
	Fruit	1
	Cookies	2
Dinner	Generous serving	1
	Drink	
Dessert	Ice cream sandwich	1
	Berry slice	2
Supper	Cake/Biscuit	1
	Drink	

Dinner

Chicken Curry

Method

1. Put a large pot of water on to boil. When boiling add rice. (Note this has been partially cooked so shouldn't take too long to cook)
2. Put another pot of water to boil for pasta if you are catering for gluten-free/dairy-free in your troop
3. In another large pot heat up butter chicken curry sauce.
4. Heat up the Thai green curry sauce for Gluten and dairy-free in your troop.
5. Heat up the chicken-free chicken.
6. Drain rice in a colander
7. Serve chicken, sauce and rice

Main Meal	Tegal Shredded chicken Butter chicken curry sauce Rice
Diet Meal (DF/GF/VEG)	Chicken free chicken Thai curry sauce (mild) Pasta
Diet Meal (DF/GF)	Hellers Shredded Chicken Thai curry sauce (mild) Pasta

Pick up ice cream between 6 pm – 7 pm from Distribution Centre

Day 5 - Wednesday, 3 January 2024

BREAKFAST			MORNING TEA			LUNCH		
Item	Brand	Dietary Item	Item	Brand	Dietary Item	Item	Brand	Dietary Item
Cornflakes	Sanitarium		Biscuit	Griffin		Wraps 10 Inch Original	Farrah	
Ricies breakfast cereal	Sanitarium		Fruit			Leg ham sliced	Colonial	
Weetbix	Sanitarium		Golden crunch biscuit	Leda	GF / DF	Lettuce Iceberg		
Milk	Random					Tomato Fresh		
Bread Daily White Toast	Couplands					Cucumber Telegraph		
Bread Daily Wheatmeal Toast	Couplands					Cheese Slice	Anchor	
Eggs Grade 6 Caged-CHILL	RiseNShine		AFTERNOON TEA			Bun - Raspberry	Couplands	
Bacon Shoulder Precooked Rindless	Hellers		Donuts - FRZN		Original foods	Tortillas 8 inch	Old el Pasa	DF / GF / V
Bread - FRZN	Venerdi	DF / GF	Fruit			Dairy-free Shredded Cheddar	Nudairy	DF / GF / V
Plant powered pancake - FRZN	Marcel's	DF / V	Chickpeas chocolate roasted	Happy Snack	DF / GF	Fruit filled Biscuit	Orgran	DF / GF
Gluten free Crepes - FRZN	Marcel's	GF						
Up and Go Dairy free 250ml	Sanitarium	DF						
DINNER			DESSERT			SUPPER		
Item	Brand	Dietary Item	Item	Brand	Dietary Item	Item	Brand	Dietary Item
BBq sausages	Hellers	GF / EF	Tropical Fruit Salad	Dole		Blonde / Berry slab - FRZN	Original Foods	GF
Potatoes Agría	Random		Cream	Tatua		Cookies twin pack gingernuts	Kea	DF
Dressing Italian	Frenchmaid		Pavlova Petite 8,5g	Cowells		Milk	Variety	DF
Lettuce Iceberg	Random		Mochi summerbites - FRZN	NOM	GF / DF / V			
Tomato Fresh	Random							
Beetroot Sliced	Gilmours							
Vegetarian breakfast sausages	Tonzu	VEG						
Sausages	Tonzu	V						

Quantities

Menu	Item	Serve/Quantity
Breakfast	Bacon/Eggs	2
	Drink	
Morning Tea	Biscuits	2
	Fruit	1
Lunch	Wraps	2
	Chelsea scroll/biscuit	1 / 2
Afternoon Tea	Donut	2
	Fruit	1
Dinner	Roasted chickpeas	1
	Generous serving	1
Dessert	Drink	
	Pavlova	1
Supper		2
	Cake/Biscuit	1
	Drink	

Dinner

Sausages and Salad

Method

1. Peel and dice the potatoes, and put on to boil. You can either boil these and have either new potatoes or mashed or boil them for a little and finish them off on the BBQ as roasties.
2. Cook the sausages on a BBQ—Note sausage variation for dietary requirements. Cook separately as required.
3. While the sausages are being cooked, prep the salad
4. Serve BBQ sausages, potatoes, and salad

Main Meal (GF)	BBQ Sausages Potatoes Salad
Diet Meal (DF/VEG)	Vegetarian Sausages Potatoes Salad

Pick up ice cream between 6 pm – 7 pm from Distribution Centre

Day 6 - Thursday, 4 January 2024

BREAKFAST			MORNING TEA			LUNCH		
Item	Brand	Dietary Item	Item	Brand	Dietary Item	Item	Brand	Dietary Item
Cornflakes	Sanitarium		Biscuit Anzac Bulk- DRY	Baker Boys		Sand which - bread	couplands	
Ricies breakfast cereal	Sanitarium		Fruit			Beef Roast Sliced	Colonial	
Weetbix-Dry	Sanitarium		Cookies	Leda	GF / DF	Lettuce Iceberg	Random	
Milk	Various	DF				Tomato Fresh	Random	
Bread Daily White Toast	Couplands					Cucumber Telegraph	Random	
Bread Daily Wheatmeal Toast	Couplands					Cheese Slice	Anchor	
Peach Slices Clear Juice	yolo		AFTERNOON TEA			Muffin Caramel Chocolate - FRZN	Orginal Foods	
Eggs Grade 6 Caged	RiseNShine		Berrylicious nice n tasty	Griffins		Bread -FRZN	Venerdi	DF / GF
Syrup Maple-Dry	Gilmours	DF / GF	Fruit			Dairy-free Shredded Cheddar	Nudairy	DF / GF / V
Plant powered pancake - FRZN	Marcel's	DF / V	Chickpeas chocolate roasted	Happy Snack	DF / GF	Busy Bees Jam Drops	Busy Bees	GF
Crepes - FRZN	Marcel's	GF				Fruit filled Biscuit	Orgran	GF / DF
Bread -FRZN	Venerdi	DF						
DINNER			DESSERT			SUPPER		
Item	Brand	Dietary Item	Item	Brand	Dietary Item	Item	Brand	Dietary Item
Beef Mince Prime - FRZN	Pure South	Halal	Apple Whoppa - FRZN	Florentines		Carrot cake slab - FRZN	Original Foods	
Onion Jumbo	Random		Custard Vanilla	Anchor		Milk	Variety	DF
Sauce Pasta Bolognese	Knorr	GF	Ice Cream Vanilla - FRZN	Deep South		Baked Fruit filled bar	LEDA	DF / GF
Large rice sticks	Erawan	GF / DF / V	Ho so Strawberry - FRZN	NOM	GF / DF / V			
Grated Cheese	valumetric							
Lettuce Iceberg	Random							
Tomato Fresh	Random							
Carrots Jumbo	Random							
Wholefood Mince	Bean supreme	VEG						
Mixed Herbs								

Quantities

Menu	Item	Serve/Quantity
Breakfast	French Toast/crepes	2
	Drink	
Morning Tea	Biscuits	2
	Fruit	1
Lunch	Sandwich	2
	Muffin/biscuit	1 / 2
	Drink	
Afternoon Tea	Slice	1
	Fruit	1
	Roasted chickpeas	1
Dinner	Generous serving	1
	Drink	
Dessert	Apple shortcake	1
	Strawberry ice cream	1
Supper	Cake/Bar	1
	Drink	

Dinner

Spaghetti Bolognese

Method

1. Boil some water and cook the rice noodles as directed on the pack.
2. Cut the onion in half and peel and dice them.
3. In a small fry pan, heat some cooking oil and add the diced onions, cook them until they are soft and starting to brown a little.
4. In a large fry pan add the mince to the large pan, break it up and keep stirring until cooked.
5. When the mince is cooked add the sauce to the mince (leave some sauce out for the diet option). Then let it simmer.
6. For the diet option in a frying pan cook the bean supreme mince, when brown add sauce.
7. While the mince and pasta is cooking wash, and prep the lettuce, peel and grate the carrots and dice the tomatoes, mix these together.
8. Grate the cheese.
9. When pasta is cooked drain and serve immediately with salad on the side and mince on top.

Main Meal (GF/DF/Halal)	Mince Sauce Rice Noodles
Diet Meal (VEG)	Bean Supreme Sauce Rice Noodles

Pick up ice cream between 6 pm – 7 pm from Distribution Centre

Day 7 - Friday, 5 January 2024

BREAKFAST			MORNING TEA			LUNCH		
Item	Brand	Dietary Item	Item	Brand	Dietary Item	Item	Brand	Dietary Item
Cornflakes	Sanitarium		Biscuit Afghan	Baker Boys		Legham sliced	Colonial	
Rices breakfast cereal	Sanitarium		Fruit			Lettuce Iceberg-FVEG	Random	
Weetbix	Sanitarium		Fancy Tops	Kezs	GF / DF / VEG	Tomato Fresh-FVEG	Random	
Peach Slices Clear Juice	Gilmours					Cucumber Telegraph	Random	
Milk Blue						Cheese Processed Slice on Slice pale	Anchor	
Bread Daily White Toast-FVEG	Couplands					Bun Raspberry	couplands	
Bread Daily Wheatmeal Toast-FVEG	Couplands		AFTERNOON TEA			Wraps 10 inch 6pk - FRZN	Cottage Lane	GF
Spaghetti-DRY	Gilmours		Corn Chip Salsa	Gonutz	GF	Dairy-free Shredded Cheddar	Nudairy	DF
Precooked breakfast sausages	Hellers		Fruit			Triple choc chip cookies	Pams	GF
Breakfast sausages	Tonzu	VEG / V	KEZs melting moments	Kezs	GF / DF	Choculence	LEDA	GF
Up and Go	Sanitarium	DF/GF						
Bread - FRZN	Venerdi	GF						
Milk Blue	Various	DF						
DINNER			DESSERT			SUPPER		
Item	Brand	Dietary Item	Item	Brand	Dietary Item	Item	Brand	Dietary Item
Beef Mince - FRZN	Pure South	Halal	Fruit Salad Clear	Gilmours		Biscuit Choko Krunch 20pc	Baker Boys	
Tortilla 12 Inch Flour DRY	Farrah		Cheesecake Strawberry - FRZN	Florentines		Milk	Variety	DF
Rice Long grain parboiled	Gilmours		Fruitstack popside - FRZN	DF / GF / V		Baked Fruit filled bar	LEDA	
Lettuce Iceberg-FVEG	Random					Busy Bees Jam Drops	Busy Bees	GF / Halal
Tomato Fresh-FVEG	Random					Fruit filled Biscuit	Orgran	GF / DF
Capiscum Green-FVEG	Random							
Wholefood Mince	Bean supreme	GF / DF / VEG						
Wraps 10 inch 6pk - FRZN	Cottage Lane	GF / DF / V						
Penne Pasta Gluten free	San Remo	DF / GF / V						
Mixed Herbs								

Quantities

Menu	Item	Serve/Quantity
Breakfast	Rices, Cornflakes/Spaghetti	1
	Weetbix/Sausages/Toast	2
Morning Tea	Biscuits	2
	Fruit	2
Lunch	Wraps	2
	Cookies	2
Afternoon Tea	Chips / Fruit	1
	Biscuits	2
Dinner	Wraps	2
Dessert	Cheesecake/ice block	1
Supper	Bar	1
	Biscuit	2

Dinner

Beef Wraps

Method

1. Cook the rice as directed on the packet.
2. While rice is cooking, in a large frying pan, heat some cooking oil add the mince, and brown, in a separate pan cook beef patties and break them up to use as a Halal option.
3. When the mince is browned add the seasoning then let it simmer until cooked.
4. While mince is simmering:
 - a. Prep the lettuce,
 - b. Slice the tomatoes,
 - c. Dice the capsicums,
5. Once rice and mince are cooked dinner is served.

Serving Size - 2 Burritos per person

Main Meal (Halal)	Mince Wraps Rice
Diet Meal (DF)	Mince Gluten free wraps Rice
Diet Meal (GF)	Mince Gluten free wraps Pasta
Diet Meal (VEG)	Bean supreme mince Wraps Rice

Pick up ice cream and cheesecake between 6pm – 7pm from Distribution Centre

Day 8 - Saturday, 6 January 2024

BREAKFAST			MORNING TEA			LUNCH		
Item	Brand	Dietary Item	Item	Brand	Dietary Item	Item	Brand	Dietary Item
Bread Daily White Toast	Couplands		<i>Biscuit Apricot Yoghurt</i>	<i>Baker Boys</i>		Bread Roll Long 6 Inch	couplands	
Bread Daily Wheatmeal Toast	Couplands		Fruit			Luncheon Roll Chicken	Tegal	
Pancake - FRZN	Marcel's		Double Choc Slammers	Kezs	GF / DF / VEG	Lettuce Iceberg	Random	
Syrup Maple	Gilmours					Tomato Fresh	Random	
Cornflakes Skippy	Sanitarium					Cucumber Telegraph	Random	
Ricies breakfast cereal	Sanitarium					Cheese Processed Slice on Slice pale	Anchor	
Weetbix	Sanitarium		AFTERNOON TEA			Muffin Chocolate Whammy - FRZN	Original Foods	
Milk Blue	Random		Chips Ripples chicken 40	ETA		Sourdough burger buns (med) - FRZN	Venerdi	
3 Fruit	Yolo		Fruit			Dairy-free Sliced Cheddar	Nudairy	
Bread - FRZN	Venerdi	DF / GF	KEZs melting moments	Kezs	GF / DF	Raspberry Slice	Pavillion	
Plant powered pancake - FRZN	Marcel's	DF / V	Chips Gluten free option	ETA	GF			
Crepes - FRZN	Marcel's	GF						
Up and Go Dairy free 250ml	Sanitarium	DF / V / GF						
DINNER			DESSERT			SUPPER		
Item	Brand	Dietary Item	Item	Brand	Dietary Item	Item	Brand	Dietary Item
Chicken Patties - Precooked (12 per pkt)	Tegal		Trumpet - FRZN	Tip top		Brownie - FRZN	Original foods	GF
Bun Burger Unseeded 4.5 Inch FVEG	Cottage Lane		Fruit Stack Popsicle - FRZN	Tip Top		Milk	Random	
Lettuce Iceberg-FVEG								
Tomato Fresh-FVEG								
Beetroot Sliced	Gilmours							
Cheese Processed Slice on Slice pale	Anchor							
Burger patties - FRZN	Polaris Foods	GF / VEG / DF						
Sourdough burger buns (med) - FRZN	Venerdi							
Dairy-free Sliced Cheddar	Nudairy							

Quantities

Menu	Item	Serve/Quantity
Breakfast	Rices, Cornflakes	1
	Weetbix/Toast	2
	Drink	
	Pancake	3
Morning Tea	Biscuit	2
	Fruit	1
Lunch	Rolls	2
	Slice	1
Afternoon Tea	Chips	1
	Biscuit	2
	Fruit	1
Dinner	Burgers	2
Dessert	Ice cream	1
Supper	Cake	1

Dinner

Chicken Burger

1. Heat up BBQ - Note Pattie variations for dietary requirements. Cook separately as required.
2. While Patties are cooking:
 - a. Cut buns in half,
 - b. Open the tins of beetroot,
 - c. Slice the tomatoes,
 - d. Rinse lettuce
3. Open up cheese slices (note two varieties for dietary requirements),
4. Once patties are cooked dinner is served.

Serving Size - 2 Burgers per person

Dessert

Pick up ice cream between 6 pm – 7 pm from Distribution Centre

Day 9 - Sunday, 7 January 2024

BREAKFAST		
Item	Brand	Dietary Item
Cornflakes	Sanitarium	
Ricies	Sanitarium	
Weetbix	Sanitarium	
Fruit - clear juice	Gilmours	
Milk	Various	
Bread White Toast	Couplands	
Bread Wheatmeal Toast	Couplands	
Weetbix	Sanitarium	GF
Cornflakes	Kelloggs	GF
Bread	Venerdi	GF / DF

NOTES

Every endeavour has been made to supply the menu as printed, things may vary if we encounter supply problems.

Any issues you have, please contact the Director of Catering.

ALL FOOD CRATES

**MUST BE RETURNED TO THE FOOD DISTRIBUTION CENTRE
OTHERWISE YOU WILL BE CHARGED \$47 PER CRATE.**

SAFE JOURNEY HOME