

# Flow Camp Menu

Check out the full menu plan, so you can be in the know as to what they are eating!

Questions? [flow@flowacademy.co.nz](mailto:flow@flowacademy.co.nz)

## Day 1 - Monday 21<sup>st</sup>

Please pack Morning Tea for first day, as the kids will be eating prior to arrival.

### Lunch

- Sandwiches
- Fruit

### Dinner

- Beef Nachos
- *Vegetarian option - Guacamole*

### Supper

- Home Baking

## Day 2 - Tuesday 22<sup>nd</sup>

### Breakfast

- Toast
- Spaghetti
- Baked Beans
- Scrambled Eggs
- Porridge
- Cereal
- Milk
- Almond Milk

### Morning Tea

- Home baking
- Muesli Bars
- Fruit

### Lunch

- *Samosas (Vegetarian)*
- Chicken nuggets
- Hot Chips
- Spring Rolls
- Carrot Sticks
- Celery
- Peanut Butter
- Hummus

### Afternoon Tea

- Home baking
- Muesli Bars
- Fruit

### Dinner

- Beef Lasagne
- Side Vegetables
- *Vegetarian option - Courgette lasagne.*

### Campfire 9:00pm

- Marshmallows
- Hot Cocoa

## Day 3 - Wednesday 23<sup>rd</sup>

### Breakfast

- Toast
- Spaghetti
- Baked Beans
- Scrambled Eggs
- Porridge
- Cereal
- Milk
- Almond Milk

### Morning Tea

- Home baking
- Muesli Bars
- Fruit

### Lunch

- Sandwiches
- Fruit

### Afternoon Tea

- Home baking
- Muesli Bars
- Fruit

### Dinner - BBQ

- Sausages and Bread
- Hamburgers
- Salad
- *Vegetarian option – Vege patties and sausages*

### Supper

- Home Baking
- Hot Chocolate

## Day 4 - Thursday 24<sup>th</sup>

### Breakfast

- Toast
- Spaghetti
- Baked Beans
- Scrambled Eggs
- Porridge
- Cereal
- Milk
- Almond Milk

### Morning Tea

- Home baking
- Muesli Bars
- Fruit
- Leftovers