



Standard Menu with Ingredients

This document contains all the items we use to prepare our meals. We have done our best to list all the items and ingredients that our meals contain, however, please note that there may be mistakes and if you are concerned about a certain product then please research to ensure it is safe for your child.

This is not a list to pick and choose from, your camp will have a set menu and this guide is to help you look at what is contained in the meals on your menu.

If these meals do not suit your child, then you will need to look at our Allergen Free Menu and Vegetarian Menu options. If they do not suit your child, then the child will need to bring their own food for that meal.

This menu May Contain:

May Contain: Peanuts, Tree Nuts, Egg, Milk, Soy, Sesame, Fish, Crustaceans, Gluten, Wheat

Fresh fruit
Available with all meals - options will vary

Standard Menu with Ingredients

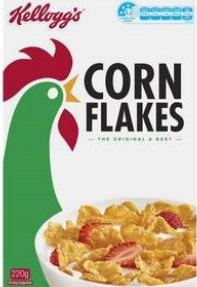
Beverages	
	Ingredients: Water, Sugar, Reconstituted Fruit Juices (25%) (Pineapple, Lemon, Water, Extracted Orange, Passionfruit), Food Acid (Citric Acid), Flavours, Preservatives (Sodium Benzoate, Sodium Metabisulphite), Natural Colours (Beta Carotene, Carmine), Stabiliser (466), Sweetener (Sucralose).
	Ingredients:
	Ingredients: Reconstituted Orange Juice (99.8%), Natural Flavour, Vitamin C, Acidity Regulator (Citric Acid).
	Ingredients: Reconstituted Apple Juice (99.7%), Acidity Regulator (Citric Acid), Natural Flavour, Vitamin C.

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Continental Breakfast	
	Ingredients: Whole grains (64%)(wheat, oats), fruit (sultanas [12%], apricot pieces [5%] [concentrated apricot puree, concentrated apple puree, invert sugar, humectant (glycerol), sugar, wheat fibre, gelling agent (pectin), acidity regulator (296), natural flavour, colours (turmeric, paprika)]), sugar, puffed triticale (wheat), wheat flour, barley malt extract, salt, natural flavour, minerals (iron, zinc oxide), vitamins (niacin, vitamin B6, riboflavin, folate). Allergen: Gluten May contain: Peanuts, Nuts, Tree Nuts
	Ingredients: Cereals (51%)(wheat flour, oatmeal [contains oats], maize flour), sugar, wheat protein, maltodextrin, molasses, oat fibre, vegetable gum (acacia gum), salt, barley malt extract, minerals (calcium carbonate, iron, zinc oxide), raising agent (potassium bicarbonate), natural flavours, natural colours (paprika, turmeric), vitamins (niacin, vitamin B6, riboflavin, folate). Allergen: Gluten May contain: Peanuts, Nuts, Tree Nuts
	Ingredients: Whole white rice (64%), sugar, cocoa (3%), minerals (calcium carbonate, iron, zinc oxide), salt, natural flavour, barley malt extract, vitamins (niacin, riboflavin, vitamin B6, folate). Allergen: Gluten May contain: Peanuts, Nuts, Tree Nuts

-CAMP- SUNNYSTONES

Standard Menu with Ingredients

	Ingredients: Contains Gluten Containing Ingredients As Indicated On Bold Type. Whole Grain Cereals (67%) [Wheat (33%), Corn (25%), Oats (4.5%), Rice (4.5%)], Wheat Starch, Sugar, Golden Syrup, Sunflower Oil, Colours (Caramel I, Annatto), Salt Blend [Salt, Mineral Sea Salts (508, 511)], Acidity Regulator (Trisodium Phosphate). Vitamins and Minerals Minerals (Calcium, Iron, Zinc), Vitamins (C, Niacin, E, B1, B6, B2, Folic Acid) Allergen: Gluten May Contain: Soy, Milk
	Ingredients: Corn (90%), sugar, salt, barley malt extract, vitamins (vitamin E, niacin, vitamin B6, riboflavin, folate), minerals (iron, zinc oxide). Allergen: Gluten May Contain: Peanuts, Nuts, Tree Nuts, Contains Cereals
	Ingredients: Wholegrain Wheat (97%), Raw Sugar, Salt, Barley Malt Extract, Vitamins (Niacin, Thiamin, Riboflavin, Folate), Mineral (Iron) Allergen: Gluten, wheat
	Ingredients: Australian Homogenised and Pasteurised Full Cream Milk. Allergen: Milk
	Ingredients: Homogenised and Pasteurised Low Fat Milk Allergen: Milk

-CAMP- SUNNYSTONES

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	Ingredients: Peach (59% min.), Refined Fruit Juice (Apple, Grape, Peach, Pear), Antioxidant (Ascorbic Acid), Acidity Regulator (Citric Acid)
	Ingredients: (all from vegetable sources) Vegetable oils (containing Sunflower oil 5%), water, salt, emulsifiers (471, sunflower lecithin), natural flavour, vitamins A, D, E, natural colour (beta carotene).
	Ingredients: Milk, Skim Milk, Milk Solids, Water, Sugar, Thickeners (Gelatin, Modified Starch), Natural Flavour, Natural Colour (Carotene) Acidity Regulator (Citric Acid), Vanilla Bean Seed (0.01%), Live Yoghurt Cultures (Milk): S. Thermophilus & L. Bulgaricus. Allergen: Milk
	Ingredients: Milk, Skim Milk, Milk Solids, Strawberry (7 %), Sugar, Thickeners (Modified Starch, Gelatin, Carrageenan), Natural Flavours, Acidity Regulators (Sodium Citrate, Citric Acid), Carrot Concentrates, Calcium Chloride, Live Yoghurt Cultures (Milk): S. Thermophilus & L. Bulgaricus. Allergen: Milk



Standard Menu with Ingredients

	Ingredients: Pasteurised Cream (from milk) Water, Salt. Allergen: Milk
	Ingredients: Sugar, strawberries (minimum 40%), glucose (from wheat), water, vegetable gum (440a), food acid (330), mineral salt (509). Allergen statement: Contains glucose from wheat.
	Ingredients: Raspberry (Minimum 40%), Sugar, Invert Sugar, Water, Food Acid (330), Vegetable Gum (440). Allergen statement: Contains glucose from wheat.
	Ingredients: 100% Honey
	Ingredients: Yeast Extract (From Yeast Grown On Barley And Wheat), Salt, Mineral Salt (508), Malt Extract (From Barley), Colour (150c), Flavours, Niacin, Thiamine, Riboflavin, Folate. Allergen: Wheat

Standard Menu with Ingredients

Camp-Out Breakfast: Bacon and Egg Rolls

May Contain: Peanuts, Tree Nuts, Egg, Milk, Soy, Sesame, Fish, Crustaceans, Gluten, Wheat, Lupin

	Ingredients: Wheat Flour [Thiamin, Folic Acid], Water, Yeast, Sugar, Rye Flour, Vinegar, Wheat Gluten, Iodised Salt, Acidity Regulators (263, 262), Canola Oil, Raising Agent (341), Vegetable Emulsifiers (481, 472e), Maize Polenta, Soy Flour, Maize Flour, Preservative (200), Mineral Salt (Calcium Carbonate).
	Ingredients: Pork, Water, Cure [Salt, Sugar, Mineral Salts (451, 450), Antioxidant (316), Preservative (250)]. Naturally Wood Smoked.
	Ingredients: Egg Allergen: Egg
	Ingredients: Australian Canola Oil.

Standard Menu with Ingredients

	Ingredients: Milk, Salt, Cultures, Enzyme (Vegetarian Rennet). Allergen: Contains Milk.
	Ingredients: Pasteurised Milk, Salt, Starter Cultures, Non-animal Rennet Allergen: Contains Milk
	Ingredients: Vegetable Oil (Canola Oil, Palm), Water, Salt, Emulsifier (471, 322 Soy), Preservative (202), Natural Flavour, Acidity Regulator (330), Natural Colour (160a), Vitamin A and D. Allergen: Contains Soy.

Standard Menu with Ingredients

Chocolate Cake	
	Ingredients: Sugar, wheat flour, cocoa powder (5%), vegetable fat [emulsifiers (471, 477), antioxidant (307)], maltodextrin, raising agents (450, sodium bicarbonate), tapioca starch, non-fat milk solids, salt, natural flavour, mineral salt (501), vegetable gum (xanthan). Allergen: Wheat and Milk. May be present: Eggs, Soy and Tree nuts.
	Ingredients: Australian Homogenised and Pasteurised Full Cream Milk. Allergen: Milk
	Ingredients: Vegetable Oil (Canola Oil, Palm), Water, Salt, Emulsifier (471, 322 Soy), Preservative (202), Natural Flavour, Acidity Regulator (330), Natural Colour (160a), Vitamin A and D. Allergen: Soy
	Ingredients: Egg Allergen: Egg

Standard Menu with Ingredients

Chocolate Brownie



Ingredients:

Sugar, Wheat Flour, Cocoa Powder (10%), Tapioca Starch, Canola Oil, Raising Agents (450, Sodium Bicarbonate).

Allergen: Wheat

May be present: Milk, Egg, Soy and Tree Nuts



Ingredients:

Egg

Allergen: Egg



Ingredients:

Vegetable Oil (Canola Oil, Palm), Water, Salt, Emulsifier (471, 322 Soy), Preservative (202), Natural Flavour, Acidity Regulator (330), Natural Colour (160a), Vitamin A and D.

Allergen: Soy

Standard Menu with Ingredients

Bush Cooking: Choc Orange cake



Ingredients:

Oranges



Ingredients:

Sugar, wheat flour, cocoa powder (5%), vegetable fat [emulsifiers (471, 477), antioxidant (307)], maltodextrin, raising agents (450, sodium bicarbonate), tapioca starch, non-fat milk solids, salt, natural flavour, mineral salt (501), vegetable gum (xanthan).

Allergen: Wheat and Milk

May be present: Eggs, Soy and Tree nuts

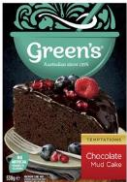


Ingredients:

Australian Homogenised and Pasteurised Full Cream Milk.

Allergen: Milk

Standard Menu with Ingredients

	Ingredients: Vegetable Oil (Canola Oil, Palm), Water, Salt, Emulsifier (471, 322 Soy), Preservative (202), Natural Flavour, Acidity Regulator (330), Natural Colour (160a), Vitamin A and D. Allergen: Soy
	Ingredients: Egg Allergen: Egg
	Ingredients: Sugar, Wheat Flour, Cocoa Powder (13%), Vegetable Fat [Emulsifier (471, 477), Antioxidant (307)], Wheat Starch, Vegetable Oil, Anticaking Agent (341), Thickener (1422), Raising Agents (450, Sodium Bicarbonate), Salt, Tapioca Starch, Rice Starch, Natural Flavour, Emulsifiers [471, 475 (Contains Soy)], Mineral Salt (501). Allergen: Wheat and Soy May be present: Egg, Milk and Tree Nuts

Bush Cooking Baked Bananas

May Contain: Peanuts, Tree Nuts, Egg, Milk, Soy, Sesame, Fish, Crustaceans, Gluten, Wheat, Lupin

Standard Menu with Ingredients

	Ingredients: Banana
	Ingredients: Sugar, Milk Solids, Cocoa Butter, Cocoa Mass, Vegetable Fat [Emulsifier (Soy Lecithin)], Emulsifier (Soy Lecithin), Flavours. Allergen: Milk and Soy
Marshmallows	
	Ingredients: Glucose Syrup (Wheat), Sugar, Inverted Sugar Syrup, Water, Pork Gelatine, Natural Flavour, Maize Starch, Natural Colour (Carmine). Allergen: Gluten
	Ingredients: Sugar, Glucose Syrup (from Wheat or Corn), Invert Sugar, Gelatine, Flavours, Colour (120), Cornstarch. May contain: Milk

Standard Menu with Ingredients

Damper

May Contain: Peanuts, Tree Nuts, Egg, Milk, Soy, Sesame, Fish, Crustaceans, Gluten, Wheat, Lupin



Ingredients:
Cane Sugar, Water.



Ingredients:
Sugar, Water.



Ingredients:
Australian Sultanas (99.5%), Vegetable Oil.



Ingredients:
Wheat Flour, Raising Agents (339, 341, 450, 500).

Allergen: Wheat



Standard Menu with Ingredients

	Ingredients:
	Ingredients: Cinnamon.
	Ingredients: Australian Canola Oil.
Water	

Saladas

May Contain: Peanuts, Tree Nuts, Egg, Milk, Soy, Sesame, Fish, Crustaceans, Gluten, Wheat, Lupin

Standard Menu with Ingredients

	Ingredients: Wheat Flour, Vegetable Oil, Salt, Yeast, Baking Powder, Sugar, Malt Extract (from Barley). Allergen: Gluten May contain traces of Egg, Milk, Peanut, Sesame, Soy and Tree Nut.	
	Ingredients: Milk, Salt, Cultures, Enzyme (Vegetarian Rennet). Allergen: Milk	
	Ingredients: Pasteurised Milk, Salt, Starter Cultures, Non-animal Rennet Allergen: Milk	
	Tomatoes	
	Salt & pepper	

Standard Menu with Ingredients

White Chocolate and Raspberry Muffins



Ingredients:

Wheat Flour, Raising Agents (339, 341, 450, 500).

Allergen: Wheat



Ingredients:

Australian Cane Sugar



Ingredients:

Ingredients: Sugar, Milk Solids, Cocoa Butter, Emulsifier (Soy Lecithin), Flavour. Contains Milk and Soy. White Chocolate Contains Minimum 24% Cocoa Solids and 30% Milk Solids.

Allergen: Milk, Soy



Ingredients:

Water, Imitation Vanilla Flavour, Preservative (202), Acidity Regulator (330)

Standard Menu with Ingredients

	Ingredients: Vegetable oil
	Ingredients: Australian Homogenised and Pasteurised Full Cream Milk. Allergen: Milk
	Ingredients: Egg Allergen: Egg
	Ingredients: Raspberries

Standard Menu with Ingredients

Lamingtons

May Contain: Peanuts, Tree Nuts, Egg, Milk, Soy, Sesame, Fish, Crustaceans, Gluten, Wheat, Lupin



Ingredients:

Lamington Sponge [Wheat Flour, Sugar, Water, Egg Powder, Emulsifiers (471 Soy, 475, 481), Raising Agents (450, 500, 341), Humectants (420, 1520), Wheat Starch, Salt, Preservatives (200, 202)], Lamington Dip [Sugar, Water, Cocoa Powder (5%), Canola Oil, Natural Flavourings, Thickeners (412, 415, 406), Preservative (202)], Desiccated Coconut (11%) [Desiccated Coconut, Preservative (223)].

Allergen: Gluten, Egg

May contain: Tree nuts, milk,



Ingredients:

Lamington Sponge [Wheat Flour, Sugar, Water, Egg Powder, Emulsifier (471 Soy, 475, 481), Raising Agents (450, 500, 341), Humectants (420, 1520), Wheat Starch, Salt, Preservatives (200, 202)], Lamington Dip [Sugar, Water, Cocoa Powder (5%), Canola Oil, Natural Flavourings, Thickeners (412, 415, 406), Preservative (202)], Jam Filling (15%) [Sugar, Apple, Gelling Agent (440), Acidity Regulator (330), Natural Colour (163), Natural Raspberry Flavour, Preservative (202)], Desiccated Coconut (6.5%) [Coconut, Preservative (223)].

Allergen: Wheat, Soy, Egg

May contain: Milk, Tree Nuts



Ingredients:

Lamington Sponge [Sugar, **Wheat** Flour, Water, **Egg** Powder, Emulsifiers (471, 475, 481, 322 (**Soy**)), Raising Agents (450, Sodium Carbonate, 341), Humectants (420, 1520), **Wheat** Starch, Salt, Preservatives (Sorbic Acid, Potassium Sorbate), Acidity Regulator (570)), Raspberry Flavoured Dip (Sugar, Water, Canola Oil, Thickener (Beef Gelatine), Natural Raspberry Flavour, Acid (330), Preservative (Potassium Sorbate), Natural Colour (120)), Coconut (9.5%) (Desiccated Coconut, 223).

Allergen: Wheat, Soy and Egg.

May contain: Milk and Tree Nuts.

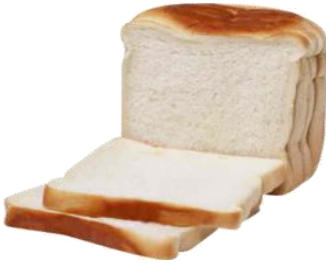
Standard Menu with Ingredients

	Ingredients: Lamington Sponge [Wheat Flour, Sugar, Water, Egg Powder, cake improver (Humectants (420, 1520), Emulsifiers (471 Soy, 475)), Raising Agents (450, 500, 341), Salt, Wheat starch, Emulsifier (481), Preservatives (202, 200)], Lamington Dip [Sugar, Water, Canola Oil, Cocoa Powder (5%), Thickeners (Gelatin (Beef), 1422, 415, 412, 406), Natural Flavours, Acidity Regulator (575), Preservative (202)], Desiccated Coconut (10%) [Coconut, Preservative (223)]. Allergen: Wheat, Egg, Soy May contain: Milk and Tree Nuts
	Ingredients: Lamington Sponge [Sugar, Wheat Flour, Water, Egg Powder, Cake Improver (Humectant (420, 1520), Emulsifier (471 Soy, 475, 481)), Raising Agents (450, 500, 341), Salt, Wheat starch, Preservative (202, 200)] Lamington Dip (25%) [Water, Sugar, Cocoa Powder, Canola Oil, Thickeners (1422, 406), Acidity Regulator (575), Natural Flavours, Preservative (202)], Jam (15%) [Sugar, Apple, Gelling Agent (440), Acidity Regulator (330), Natural Colour (120), Natural Flavour, Preservative (202)], Desiccated Coconut (6%) [Coconut, Preservative (223)]. Allergen: Wheat, Egg, Soy May Contain: Milk and Tree Nuts

Standard Menu with Ingredients

Foodworks Bakery

May Contain: Peanuts, Tree Nuts, Egg, Milk, Soy, Sesame, Fish, Crustaceans, Gluten, Wheat, Lupin

	Ingredients: Wheat Flour, Water, Cheddar Cheese (15%), Pasturised Milk, Salt, Culture, Enzyme, Anti- Caking agent, (480), Bacon (15%), Meat (including pork), Water, Potato Starch, Soy, Water, Mineral Salts (451 452), Dextrose, Antioxidants (316), natural Smoked Flavour, Hydrolysed Vegetable Protein Preservative (250), Yeast, vegetable Oil, Iodised Salt, Vegetable Emulsifiers (481 471 472E), Preservative (282) Vitamins (Thiamine, Folic Acid) Allergen: Wheat, Soy, Milk May contain traces of nuts
	Ingredients: Breadmaking Flour, Yeast, Malt, Iodised Salt, Soya Flour, Whey Powder, Emulsifier (401) Amalaysse, Water, Folic Acid, Bread Improver, Gluten Flour Allergen: Wheat, Soy May contain traces of nuts and or seeds
	Ingredients: Breadmaking Flour, Yeast, Malt, Iodised Salt, Soya Flour, Whey Flour, Emulsifier (401) Amalaysse, Water, Gluten Flour, Folic Acid, Bread Improver, Vegetable Oil Allergen: Wheat, Soy May contain traces of nuts

Standard Menu with Ingredients

	Ingredients: Breadmaking Flour, Yeast, Iodised Salt, Soya Flour, Whey Flour, Emulsifier (481) Amalaysse, Water, Folic Acid, Bread Improver Vegetable Oil, Allergen: Wheat, Soy May contain traces of nuts
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Pack-Out Snack Options

May Contain: Peanuts, Tree Nuts, Egg, Milk, Soy, Sesame, Fish, Crustaceans, Gluten, Wheat, Lupin

	Ingredients: Choc Chip: Uncle Tobys Rolled Oats (34%), Glucose (Wheat), Wholegrain Wheat (11%), Compound Chocolate Chips (9%) [Sugar, Vegetable Oil, Milk Solids, Cocoa, Cocoa Mass, Emulsifiers (492, Soy Lecithin), Salt], Breakfast Cereal (Wholemeal Wheat Flour (5%), Wheat Starch, Sugar, Vitamin E), Chicory Root Fibre, Sunflower Oil (Soy), Sugar, Humectant (Glycerine), Modified Wheat Starch (1412), Invert Sugar, Coconut (Sulphites), Honey, Milk Powder, Emulsifier (Soy Lecithin), Flavour, Salt, Preservative (223) (Sulphites). Allergen: Contains Gluten Containing Ingredients, Milk, Soy and Sulphites.
	Ingredients: Cheese Spread [Cheddar Cheese (50%)(Milk , Salt, Starter Culture), Water, Margarine (Vegetable Fats and Oils, Water, Salt, Milk Solids, Emulsifiers[Soy Lecithin, 471], Antioxidants[304, 307b from Soy]), Whey Powder (Milk), Milk Mineral, Mineral Salts (339, 452), Preservative (234)]. Cracker [Wheat Flour, Vegetable Fats and Oils [Antioxidants (307, 307b from Soy)], Wholemeal Wheat Flour , Sugar, Wheat Bran , Invert Syrup, Salt, Raising Agents (503, 500), Poppy Seeds, Wheat Germ]. Contains Wheat, Soy and Milk. Allergen: Milk, Wheat, Soy May Contain Egg, May Contain Tree Nuts, May Contain Sesame Seeds, May Contain Peanuts

Standard Menu with Ingredients

	Ingredients: Cheese Spread [Cheddar Cheese (45%)(Milk , Salt, Starter Culture), Water, Margarine (Vegetable Fats and Oils, Water, Salt, Milk Solids, Emulsifiers[Soy Lecithin, 471], Antioxidants[304, 307b from Soy]), Flavour [Lactose (Milk), Yeast Extract, Salt], Whey Powder (Milk), Milk Mineral, Mineral Salts (339, 452), Preservative (234)]. Cracker [Wheat Flour, Vegetable Fats and Oils [Antioxidants (307, 307b from Soy)], Wholemeal Wheat Flour, Sugar, Wheat Bran, Invert Syrup, Salt, Raising Agents (503, 500), Poppy Seeds, Wheat Germ]. Contains Wheat, Soy and Milk. Cracker Made in A Plant That Also Processes Products Containing Egg, Sesame Seeds, Tree Nuts and Peanuts. Allergen: Milk, Wheat, Soy May Contain Egg, May Contain Tree Nuts, May Contain Sesame Seeds, May Contain Peanuts
	Ingredients: Water, Reconstituted Fruit Juice Pear or Apple (15%), Pineapple (9%), Passionfruit (1%), Sugar, Food Acids (Citric Acid, Potassium Citrate), Vitamin C, Natural Flavours.
	Ingredients: Water, Reconstituted Pineapple Juice (25%), Sugar, Food Acid (Citric Acid), Vitamin C, Natural Flavours.
	Ingredients: Water, Reconstituted Apple Juice (25%), Sugar, Food Acids (Malic Acid, Potassium Citrate), Vitamin C, Natural Flavour, Stabiliser (Pectin).

-CAMP- SUNNYSTONES

Standard Menu with Ingredients

	Ingredients: Popcorn, Canola Oil, Salt.
	Ingredients: Popping Corn, Sunflower Oil, Salt



Standard Menu with Ingredients

Salad Rolls



Ingredients:
Breadmaking Flour, Yeast, Iodised Salt, Soya Flour, Whey Flour, Emulsifier (481) Amalaysse, Water, Folic Acid, Bread Improver Vegetable Oil,

Allergen: Wheat, Soy
May contain traces of nuts

Standard Menu with Ingredients

	Ingredients: RSPCA approved chicken breast, water, starch (tapioca, potato), salt, acidity regulators (326, 262), vegetable gum (407a), mineral salts (451, 508, 450), yeast extract, maltodextrin (maize, potato), sugar, spices and herbs, dehydrated vegetable, flavours, spice (160c) and herb extract, vegetable oils (canola, rice bran), colours (sorghum husk extract, 160b).
	Ingredients: Pork, water, salt, acidity regulators (326, 262), sugar, honey, dextrose (maize, tapioca), emulsifiers (450, 451, 508), pork protein (herb extract (392)), modified tapioca starch (1412), thickener (407a), antioxidant (316), potato fibre, sodium nitrite (250), citrus fibre, canola oil. may contain traces of soy. May contain traces of Soy.
	Ingredients: Canola Oil [Protected with Antioxidant (307b)], White Vinegar, Water, Free Range Egg (4.7%), Sugar, Salt, Mustard, Free Range Egg Yolk, Stabilisers (412, 415), Antioxidant (385). Contains: Egg. May Contain: Soy. Allergen: Egg, Soy
	Ingredients: Canola Oil Protected with Antioxidant (307b), White Vinegar, Water, Free Range Egg (5%), Sugar, Mustard (Including Mustard Seeds), Salt, Garlic Paste (0.9%), Stabilisers (412, 415), Antioxidant (385). Contains: Egg. May Contain: Soy.
	Ingredients: Milk, Salt, Cultures, Enzyme (Vegetarian Rennet). Allergy: Milk.

-CAMP- SUNNYSTONES

Standard Menu with Ingredients

	Ingredients: Pasteurised Milk, Salt, Starter Cultures, Non-animal Rennet Allergen: Milk
	Ingredients: Vegetable Oils [Canola Oil, Hydrogenated Palm Kernel Oil**, Hydrogenated Palm Oil**], Water, Salt, Emulsifiers [471- from Palm**, 322-from Soy], Preservative (Potassium Sorbate), Acidity Regulator (330), Vitamins [Vitamin A, Vitamin D], Natural Colour (Carotene), Natural Butter Flavour. Allergen: Soy
	Ingredients: (all from vegetable sources) Vegetable oils (containing Sunflower oil 10%), water, salt, emulsifiers (471, sunflower lecithin), natural flavour, vitamins A, D, E, natural colour (beta carotene).
	Ingredients: Beetroot (61%), Water, White Sugar, Acetic Acid, Salt.

Standard Menu with Ingredients

	Ingredients: Beetroot (61%) water sugar food acid (acetic) salt.
	Lettuce Tomato Capsicum Cucumber Red Onion Carrot
	Salt & Pepper

Standard Menu with Ingredients

BBQ



Ingredients:

Australian Beef (70%), Water, Seasoning (Rice Flour, Potato Starch, Maize Flour, Salt, Mineral Salt (451), Maize Starch, Vegetable Powders (Onion, Garlic), Preservative (223 (Sulphites)), Sugar, Antioxidant (Ascorbic Acid), Spices, Spice Extract), Vegetable Casing (Water, Thickener (401), Stabiliser (Guar Gum), Acidity Regulators (Citric Acid, Lactic Acid), Preservative (223) (Sulphites)), Firming Agent (509))

Allergen: Sulphites



Ingredients

No Added Hormones Australian Beef (58%), Water, RSPCA Approved Australian Chicken (15%), Rice Flour, Salt, Bamboo Fibre, Mineral Salt (451), Preservative (223 (Sulphites)), Thickeners (401, 412), Acidity Regulators (330, 270), Hydrolysed Maize Protein, Dextrose (Maize), Firming Agent (509), Vegetable Powders [Onion, Garlic], Spice Extracts, Spices, Natural Colour (Paprika Oleoresins), Rosemary Extract.

Allergen: Sulphites

May Contain: Milk & Soy



Ingredients:

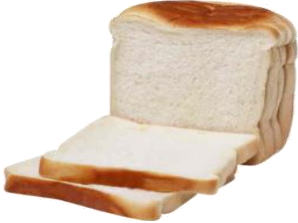
RSPCA Approved Chicken (76%), Water, Seasoning (Potato Starch, Rice Flour, Maize Starch, Salt, Plant Fibres (Bamboo, Pea, Psyllium Husk), Vegetable Powders (Onion, Garlic), Mineral Salt (451), Yeast Extract, Preservative (223 (Sulphites)), Spices, Natural Flavour, Herbs), Vegetable Casing (Water, Thickener (401), Stabiliser (Guar Gum), Acidity Regulators (Citric Acid, Lactic Acid), Preservative (223 (Sulphites)), Firming Agent (509))

Allergen: Sulphites

Standard Menu with Ingredients

	Ingredients Chicken (80%), Water, Maize Starch, Potato Starch, Flavor Enhancer (621), Yeast Extract, Flavor, Spice Extract, Herb Extract, Preservative (223-Sulphites), Edible Beef Collagen Casing. Allergen: Contains Sulphites
	Ingredients: Meat (Beef & Lamb), tapioca starch, Salt, Mineral Salt (451), Preservative (223), 74% Meat, Herb & spice Extracts. Dietary: Halal
	Ingredients: Meat (incl beef), Water, Rice Flour, Salt, Soy Flour, Soy Protein, Mineral Salt(451), Preservative (223), Antioxidant (316), Vegetable Oil, Colour (160c), Herb Extract, Vitamin E (Soy), Spice Extract, Natural Flavour, Edible Beef Collagen Casing.
	Angel Bay Beef Burgers Adults only Ingredients: Beef (69%), Rehydrated Onion, Breadcrumbs (Wheat Flour, Water, Yeast, Canola Oil, Salt, Acidity Regulator (262)), Textured Soy Protein, Egg, Salt, Whey Protein Concentrate (Milk Protein), Modified Food Starch (1442) Spices, Hydrolysed Maize Protein, Mineral Salt (451), Beef Extract. Allergen: Wheat, Gluten, Soy, Egg and Milk
	Ingredients: INGREDIENTS: Canola Oil (67%), Emulsifier (Soy Lecithin), Propellant (Butane, Propane) Allergen: Soy

Standard Menu with Ingredients

	Ingredients: Tomatoes, Apple Puree, Sugar, Maize Thickener (1422), Food Acid (260), Salt, Molasses, Spices, Natural Flavours, Colour (150d), Thickener (415). Allergen: Soy
	Ingredients: Concentrated Tomato (77%), Sugar, Salt, Food Acid (260), Natural Flavour. May contain soy
	Ingredients: See Foodworks Bakery Products

Roast Chicken

	Ingredients: Free Range Chicken (84%), Marinade [Water, Salt, Sugar, Rice Starch, Citrus Fibre, Spice Extract], Stuffing (6%) [Water, Crumbs (Wheat Flour, Yeast, Salt), Rice (Wheat, Barley, Spelt, Kamut), Vegetable Oil, Dehydrated Onion (0.5%), Sugar, Herbs (Including Sage (0.5%)), Salt, Onion Powder, Spice]. Made in Australia from at least 97% Australian ingredients. Allergen: Wheat (stuffing)
	Ingredients: Maltodextrin (From Maize), Thickeners (Maize Starch, Xanthan Gum), Natural Flavours, Salt, Shortening Powder (Milk, Soy), Dextrose, Yeast Extract, Anticaking Agent (341), Colour (Caramel III), Parsley, Vegetable Oil, Tomato Powder. Allergen: Milk, Soy

Standard Menu with Ingredients

	Fresh salads
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Hot Dogs	
White Hot Dog Rolls 	See Foodworks Bakery Products
Don Skinless Long Frankfurts 	Ingredients: Meat Including Pork (72%), Water, Starch (Tapioca, Potato), Salt, Soy Protein, Acidity Regulators (325, 262), Emulsifiers (451, 450, 452), Dextrose (Tapioca, Maize), Antioxidants (316, 307b), Hydrolysed Vegetable Protein (Maize), Maltodextrin (Maize), Garlic, Fermented Red Rice, Sodium Nitrite (250), Yeast Extract, Spice Extracts, Colours (160c, 110, 129). Smoked. Allergen: Soy

-CAMP- SUNNYSTONES

Standard Menu with Ingredients

	Ingredients: Water, Mustard Seed 15%, Sugar, Salt, Food Acid (Acetic), Turmeric, Paprika, Mustard Powder, Mustard Flavour, Spice Extract, Garlic Extract. May contain: Peanuts
	Ingredients: Tomatoes 76% (from Paste), Sugar, Salt, Food Acid (Acetic), Onion, Spice Extract. May contain: Peanuts
	Ingredients: Concentrated Tomato (77%), Sugar, Salt, Food Acid (260), Natural Flavour. May contain soy
	Ingredients: Tasty Cheddar Cheese [Milk, Salt, Cultures, Vegetarian Rennet], Anticaking Agent (460), Preservative (200). Allergen: Milk

Standard Menu with Ingredients

Fruit Platter



Pineapple
Strawberry
Watermelon
Red Grapes
Kiwi Fruit
Cantaloupe
Rock melon
Oranges
Pears
May vary due to season

Icy Polls



Ingredients:

Reconstituted Fruit Juices [Apple (94%), Orange (3.2%), Strawberry (0.5%), Mango (0.5%), Pineapple (0.5%), Raspberry (0.5%), Passionfruit (0.3%), Blackcurrant (0.1%)], Acidity Regulator (303), Colours (110, 102), Natural Flavours, Preservatives (202, 211, 223), Thickener (466).

Contains: Sulphites



Standard Menu with Ingredients

Pasta Bolognese



Ingredients:
Beef Mince



Ingredients:
Tomato (99%), Acidity Regulator (Citric Acid)



Ingredients:
Tomato (60%), Tomato Juice, Oregano (0.2%), Basil (0.1%), Acidity Regulator (Citric Acid)



Ingredients:
Tomato (60%), Tomato Juice, Acidity Regulator (Citric Acid)

-CAMP- SUNNYSTONES

Standard Menu with Ingredients

	Ingredients Sea Salt from the Southern Ocean, Low Sugar Maize Maltodextrin, Natural Vegetable Flavour, Yeast Extract, Caramelised Sugar Syrup, Cane Sugar, Canola Oil, Extra Virgin Olive Oil, Potassium Chloride, Parsley.
	Ingredients Marjoram, Rosemary, Thyme, Savory, Sage, Oregano, Basil.
	Ingredients Garlic
	Ingredients: 100% Durum Wheat Semolina. Allergen: Gluten May contain: Soy, Egg
	Brown Onion Zucchini Mushrooms Carrot

Standard Menu with Ingredients

	Ingredients: Bread (80%) [Fortified Flour (WheatFlour, Thiamin, Folic Acid), Water, Yeast, Canola Oil, Vinegar, Iodised Salt, WheatFlour, Preservative (281), Antioxidant (300), Enzyme], Garlic and Parsley Margarine Spread (20%) [Margarine (Palm Oil**, Water, Salt, Emulsifiers (471, 472c), Natural Flavour, Antioxidant (304), Natural Colour (Carotene)), Rehydrated Garlic (16%), Water, Canola Oil, Dried Parsley, Acidity Regulator (330)]. Allergen: Gluten, Wheat
	Ingredients: Tasty Cheddar Cheese [Milk, Salt, Cultures, Vegetarian Rennet], Anticaking Agent (460), Preservative (200). Allergen: Milk

Standard Menu with Ingredients

Chicken Tacos


Ingredients:

White Corn Flour (76%), Vegetable Oil, Water, Salt.

Allergen: May Contain Milk


Ingredients:

Corn Flour (76%), Vegetable Oil, Water,

Allergen: May contain Milk


Ingredients:

Chicken.


Ingredients:

Chicken.

Standard Menu with Ingredients

	Ingredients: Water, Tomato (11%), Rehydrated Green Capsicum (6%), Onion, Modified Maize Starch (1422), Salt, Sugar, Paprika, Food Acid (Citric Acid), Chili Extract, Garlic Powder
	Ingredients: Tomato (39%), Water, Onion, Red Capsicum (9%), Green Capsicum (7%), Salt, Sugar, Modified Corn Starch (1422), Vinegar, Natural Tomato Flavour, Food Acid (Citric Acid), Paprika, Mineral Salt (Calcium Chloride), Chili Powder, Garlic.
	Ingredients: Tasty Cheddar Cheese [Milk, Salt, Cultures, Vegetarian Rennet], Anticaking Agent (460), Preservative (200). Allergen: Milk
	Ingredients: Sweet Corn (65%), Water, Salt.

-CAMP- SUNNYSTONES

Standard Menu with Ingredients

	Ingredients: Sweet corn (58%), water, sugar, salt.
	Ingredients Legumes (60%) (black beans, pinto beans, red kidney beans), water, sugar, salt, firming agent (509), food acid (acetic acid). * Allergen: May be present wheat, barley, gluten, lupin, soy. •
	Ingredients: Maize Flour, Sugar, Salt, Onion Powder (13%), Red Capsicum Powder (6%), Garlic (4%), Spices (Cumin, Turmeric, Ground Coriander), Paprika, Food Acid (330), Vegetable Oil (Canola), Spice Extract, Chilli Powder (0.7%), Pepper
	Lettuce



Standard Menu with Ingredients

	Ingredients: Cream (from Milk), Cultures. Contains Minimum 35% Milk Fat Allergen: Milk
	Ingredients: Cream (from Milk), Starter Culture, This product contains 35% minimum Milk Fat Allergen Milk

Standard Menu with Ingredients

Baked Potatoes



Ingredients:

Cream (from Milk), Cultures. Contains Minimum 35% Milk Fat

Allergen: Milk



Ingredients:

Australian Canola Oil.



Ingredients:

Tasty Cheddar Cheese [Milk, Salt, Cultures, Vegetarian Rennet], Anticaking Agent (460), Preservative (200).

Allergen: Milk



Ingredients:

Sweetcorn (65%), Water, Salt.

Standard Menu with Ingredients

	Ingredients: Pork (81%), Water, Salt, Sugar, Emulsifiers (451, 450, 452), Dextrose (Maize, Tapioca), Antioxidant (316), Acidity Regulator (330), Sodium Nitrite (250), Smoke Flavour, Rosemary Extract. Smoked.
	Ingredients: Cabbage, Carrot. Ingredients and percentages may vary due to seasonal and processing variability
	Ingredients: Cabbage, Carrot.
	Potatoes

Standard Menu with Ingredients

Hamburgers



Ingredients:

Beef (69%), Rehydrated Onion, Breadcrumbs (Wheat Flour, Water, Yeast, Canola Oil, Salt, Acidity Regulator (262)), Textured Soy Protein, Egg, Salt, Whey Protein Concentrate (Milk Protein), Modified Food Starch (1442) Spices, Hydrolysed Maize Protein, Mineral Salt (451), Beef Extract.

Allergen: Wheat, Gluten, Soy, Egg and Milk



Ingredients:

Vegetable (58%) (corn, carrot, peas, onion), wheat flour, water, canola oil, thickeners (1414, xanthan gum, 1404, 464), dehydrated potato, salt, egg white powder, whey protein (from milk), maize flour, yeast extract, potato fibre, yeast, acidity regulators (450, sodium bicarbonate), onion powder, natural flavour, food acid (citric), pepper, maltodextrin (maize)

Allergen: Milk, Egg, Wheat



Ingredients:

Milk, Salt, Cultures, Enzyme (Vegetarian Rennet).

Allergy: Milk.



Fresh Lettuce, Tomato, Onion & Carrot

Standard Menu with Ingredients

Side Salad



Ingredients:

Milk, Vegetable Oil, Salt, Mineral Salt (509), Enzyme (Vegetarian Rennet), Cultures.

Allergen: Milk.

May contain: Peanuts and Tree Nut (Almonds).



Ingredients:

Pasteurised Cow's Milk, Salt, Starter Cultures, Non Animal Rennet.

**Allergen
Milk**



Mixed lettuce leaves

Tomato
Cucumber
Red onion
capsicum



Ingredients:

Water, Vinegar, Sunflower Oil [contains Antioxidant (320)], Sugar, Balsamic Vinegar (9%) [Wine Vinegar, Grape Must], Lemon Juice, Salt, Red Capsicum, Garlic, Natural Caramel Colour, Xanthan Gum, Parsley.

May Contain: Milk, eggs

Standard Menu with Ingredients

Butterscotch Pudding



Ingredients:
Cane Sugar, Water.



Ingredients:
Sugar, Water.



Ingredients:
Vegetable Oils [Canola Oil, Hydrogenated Palm Kernel Oil**, Hydrogenated Palm Oil**], Water, Salt, Emulsifiers [471- from Palm**, 322-from Soy], Preservative (Potassium Sorbate), Acidity Regulator (330), Vitamins [Vitamin A, Vitamin D], Natural Colour (Carotene), Natural Butter Flavour.

Allergen: Soy



Ingredients:
Wheat Flour, Raising Agents (339, 341, 450, 500).

Allergen: Wheat



Standard Menu with Ingredients

	Ingredients: Australian Sugar.
	Ingredients: Australian Homogenised and Pasteurised Full Cream Milk. Allergen: Milk



Standard Menu with Ingredients

Apple Crumble	
	Ingredients: Apple (99%), Antioxidant (300), Mineral Salt (509), Food Acid (330)
	Ingredients: Cinnamon.
	Ingredients: Cane sugar
	Ingredients: Wheat Flour. Allergen: Gluten, Wheat

-CAMP- SUNNYSTONES

Standard Menu with Ingredients

	Ingredients: Cream (milk), water, salt Allergen: Milk
	Ingredients: Rolled Oats (100%). Allergen: Gluten
	Ingredients: Wheat Flour, Raising Agents (450, 500, 341, 339) Allergen: Gluten and Wheat

Standard Menu with Ingredients

Pre Packaged Dessert



INGREDIENTS:

MILK, FRESH CREAM (MILK) (24%), SUGAR, WATER, MALTODEXTRIN, MILK SOLIDS, EMULSIFIER (471), THICKENERS (CARRAGEENAN, GUAR GUM, LOCUST BEAN GUM, XANTHAN GUM), NATURAL FLAVOURS, NATURAL COLOURS (CURCUMIN, BETA CAROTENE).

CONTAINS: MILK. MAY BE PRESENT: EGG.



Ingredients:

Water, Cream (15%), Sugar, Milk Solids, Glucose Syrup (Wheat), Maltodextrin, Vegetable Origin Emulsifiers [477, 471 (Soy)], Flavour, Vegetable Gum (412).

Allergen: Milk, Soy, Wheat

May contain: Peanuts, Tree Nuts



Ingredients:

Water, Sugar, Milk Solids, Cream and/or Butter, Glucose Syrup (from Wheat), Maltodextrin, Vegetable Emulsifier (471), Stabilisers (410, 412, 415), Natural Vanilla Flavour, Natural Colour (160a), Reduced Fat Ice Cream contains minimum 4% Milk Fat

Allergen: Milk, Gluten

May contain: Peanuts, Egg, Soy, Tree Nuts



Ingredients:

Water, Sugar, Thickener (1422, 415), Cocoa Powder, Natural Colour (150a), Natural Flavour, Salt, Acidity Regulator(330), Preservative (202).

Standard Menu with Ingredients

	Ingredients: Water, Sugar, Strawberry Puree (8%), Thickeners (1422, 415), Acidity Regulators (330, 331), Natural Flavour, Preservative (202), Natural Colours (Safflower Extract, Carmine)., INGREDIENTS: Water, Sugar, Strawberry Puree (8%), Thickeners (1422, 415), Acidity Regulators (330, 331), Natural Flavour, Preservative (202), Natural Colours (Safflower Extract, Carmine).
	Ingredients INGREDIENTS: Water, Sugar, Thickeners (1422, 415), Skimmed Milk Powder, Natural Colours (150a, 160a), Natural Flavour, Acidity Regulator (330), Preservative (202). Allergen: Milk
	Ingredients Sugar, Water, Maize Thickener (1442), Cocoa Powder, Flavour, Food Acid (330), Salt, Stabiliser (415), Preservative (202). Allergen: May Contain Soy.
	Ingredients INGREDIENTS: Sugar, Corn Syrup, Water, Dextrose, Beef Gelatine, Corn Starch, Natural Flavour, Natural Colours (Beetroot Red, Carotene, Curcumin, Chlorophyll). Allergen May Contain Soy, Milk

Standard Menu with Ingredients

	Ingredients INGREDIENTS: Sugar, Thickeners (Wheat Starch, 1422), Glucose Syrup [Preservative (223)], Palm Oil** [Emulsifier (492, 322 (Sunflower Lecithin))], Emulsifier (Soy Lecithin), Natural Colours (Spirulina Concentrate, 163, Carotene, Beet Red, Turmeric). Allergen Contains Wheat, SOY, CEREALS CONTAINING GLUTEN
	Ingredients: Water, Liquid Sugar (Sugar, Water), Raspberry Puree (25%), Glucose, Maltodextrin, Acidity Regulator (330), Emulsifiers (471, 461, 466), Vegetable Gums (412, 410, 415, 440), Colours (129, 120).
	Ingredients: Skim milk, whipping agent [Vegetable fat, Glucose Syrup, Emulsifier (472b), Milk protein, Stabilisers (401,464)], Sugar, Cocoa Powder, Gelatine (contains sulphites), Mineral Salt (341) (from milk), Stabilisers (407,450,339), Colour(150a). Flavour. Allergen: Milk May contain: Soy
	Ingredients: Water, Liquid Sugar (Sugar, Water), Mango Puree (30%), Glucose, Maltodextrin, Emulsifiers (471, 461, 466), Vegetable Gums (412, 410, 415, 440), Acidity Regulators (330, 300), Colours (102, Natural Annatto Extract).

Standard Menu with Ingredients

	Ingredients: Australian Wheat Flour, Apricot (24%), Margarine (Animal Fats and Oils, Water, Salt, Emulsifiers (Soy Lecithin, 471), Acidity Regulators (330, 331), Flavours, Antioxidant (307b (Soy)), Colour (160a)), Australian Sugar, Water, Thickeners (1422, 401), Mineral Salts (450, 500, 452, 341), Acidity Regulators (330, 331, 297), Dextrose, Emulsifier (Soy Lecithin), Wheat Starch. Allergen: Gluten (wheat) and soy May contain: Milk and egg
	Ingredients: Apples (31%), Australian Wheat Flour, Margarine (Animal Fats and Oils, Water, Salt, Emulsifiers (Soy Lecithin, 471), Acidity Regulators (330, 331), Flavours, Antioxidant (307b (Soy)), Colour (160a)), Australian Sugar, Water, Thickeners (1422, 401, 412), Mineral Salts (450, 500, 452, 341), Acidity Regulators (331, 330, 297), Dextrose, Emulsifiers (Soy Lecithin), Wheat Starch. Allergen: Gluten (Wheat) and Soy. May Contain: Milk and Egg
	Ingredients: Australian Wheat Flour, Australian Sugar, Margarine (Animal Fats and Oils, Water, Salt, Emulsifiers (Soy Lecithin, 471), Acidity Regulators (330,331), Flavours, Antioxidant (307b (Soy)), Colour (160a)), Blackberries (14%), Water, Apples (10%), Thickeners (1422, 401), Mineral Salts (450, 500, 452, 341), Acidity Regulators (331, 330, 297), Dextrose, Emulsifier (Soy Lecithin), Wheat Starch. Allergen: Gluten (Wheat) and soy. May contain: Milk and egg.
	Ingredients: Dairy ingredients (reconstituted skim milk and/or reconstituted buttermilk, milk solids), water, cane sugar, soluble corn fibre, glucose syrup, vegetable oil, maltodextrin, flavour, emulsifier (471), vegetable gums (410, 407, 412, 401), colours (120, 100, 160b, 162, 160a), salt, gelatine, cocoa powder, malt extract (barley). Contains milk, gluten. May contain wheat, gluten, soy, peanut, tree nuts. Allergen: Gluten, Milk May contain: Wheat, Soy, Peanuts and Tree nuts

Standard Menu with Ingredients

 	Ingredients: Dairy ingredients (reconstituted skim milk and/or reconstituted buttermilk, milk solids), water, cane sugar, soluble corn fibre, glucose syrup, vegetable oil, maltodextrin, cocoa powder (2%), emulsifier (471), vegetable gums (407, 410, 412, 401), flavour, salt, gelatine, colours (160b, 120, 100, 162, 160a), malt extract (barley). Contains milk, gluten. May contain wheat, gluten, soy, peanut, tree nuts. Allergen: Gluten, milk May contain: Wheat, Soy, Peanuts and Tree nuts
	Ingredients: Dairy ingredients (reconstituted skim milk and/or reconstituted buttermilk, butter oil, cream), sugar, cocoa components (13%[^])(cocoa mass, cocoa butter), glucose, emulsifiers (E471, E476, soy lecithin), stabilisers (E412, E410, E407), natural vanilla, flavour, colour (E160b). Contains milk, soy. May contain wheat, gluten, peanut, tree nuts. Allergen: Milk, soy May contain: Peanuts, Barley, Wheat, Tree Nuts