



CHALLENGE | INSPIRE | EMPOWER

3 Day Camp Menu: Gluten Free (GF) Helidon Standard Program

Day 1

Lunch Ham & Salad Plate / Yoghurt / Fruit
Dinner Roast Beef, Whole Potato, Corn, Carrots, Beans
Dessert Pavlova with Fruit Salad
Supper Quick & Gluten Free biscuits

Day 2

Breakfast GF Cereal / Bacon & Eggs / GF Toast / Fruit / Fruit Juice
Lunch Diced Chicken Breast Salad Plate / Hot chips / Fruit platter
Dinner Bangers & Mash with Onion & diced Bacon
Dessert GF Orange and Almond Cake with Cream
Supper Quick & GF biscuits

Day 3

Breakfast GF Cereal / Omelette / Fresh Fruit / Juice
Lunch Rib Fillet Steak / Yoghurt / Fruit
Morning & Afternoon Teas: Fruit platter / GF Biscuits
GF Bread supplied on request, or if you like a special brand, please feel free to bring your own.

“Acknowledging our history - living with purpose”

ABN: 20 980 061 462

E: office@emugully.com.au P: (07) 4697 6631 F: (07) 4697 6999 W: www.emugully.com.au

A: 142 Twidales Rd, Helidon Spa QLD 4344 PO Box: 1252 Toowoomba QLD 4350