

Catering and Dining Room Information

July 2008

Catering Information for Incoming Groups

We are committed to offering a healthy balanced menu including meats, chicken, fresh fruits, fresh vegetables and salads to all our clients. From the beginning of 2008 we have introduced the **"Right Bite" Healthy Food Strategy for Schools.**

Menus

All Menus are planned by the BC(SA) Catering staff and are based on 50 years of experience in the camping industry.

The price you were quoted at the time of booking entitles you to the standard menu. Other options can be considered but would incur extra costs if advanced notice is given.

Most requests can be accommodated ie theme meals, special dinners but this must be communicated at the time of booking and please be aware that these will incur extra costs.

Portion sizes - the catering price you are quoted at the time of booking entitles each person to **one** serve of food. We believe that our portion sizes are generous however if you feel that this may not be enough extra serves can be provide but this will incur an extra cost. Please contact the Hospitality Coordinator before your camp to discuss this.

Times of meals

Meal times are: Breakfast 8.00am, Lunch 12.30pm and Dinner 5.30 or 6pm. Snack times are negotiable. If your programme is running over time please let the catering staff know and a new time can be negotiated.

If you require meals **before** 8am and **after** 6pm an extra cost will apply and this must be negotiated with the Hospitality Coordinator before your camp.

The Main Kitchen is locked up at night when Catering Staff leave so there is no after hours access available.

Please note: There is a fridge available in the dining room for people who BYO foods or drinks. Unfortunately we cannot allow you to use fridge or freezer space in the Kitchen as this is limited. A microwave is also available in the dining room for campers use.

The **Hospitality Coordinator** is available to answer any queries or discuss your Catering needs and can be contacted Monday to Friday, 9am – 4.30pm on 8388 5234.

Special diets

We understand that at times people will have special medical dietary needs or foods they can't eat for religious or cultural reasons. We are happy to provide for such diets but are unable to cater for personal likes or dislikes. We suggest that if you know that someone is particularly fussy about what they eat that they supplement the menu with food from home. To enable us to provide for special medical or religious needs we must be notified via the form sent to you in the information pack by the due date so that appropriate menu planning and ordering can be done. If this form is not returned by the due date **we may not be able to provide for your dietary needs**. It is the responsibility of the camp leader to ensure that this information is collected and filled out on the form and returned by the due date.

To assist you we have listed the dietary needs that we regularly cater for.

Gluten free: We provide alternatives that are gluten free for main meals. We ask that you provide your own cereal, bread or rolls and snacks for morning / afternoon teas. Some desserts we offer are gluten free ie yoghurt, chocolate mousse and ice-cream. We also have fresh fruit or fruits in natural juices. If you require other desserts, please supply your own.

Diabetic: We stock fruits in natural juices and diabetic jelly. We ask that you provide snacks for morning and afternoon tea and desserts that you can eat.

Lactose Intolerance: We provide "So Good" which we will use to make lasagnes, quiches etc. You will need to bring your own ice-cream and snacks etc if required. We use long-life milk in all our home-made cakes, biscuits, scones etc.

Nut allergies: We do not use peanut oil in cooking or stock peanut butter. However, we **do** use products where manufacturers warn there may be traces of nuts. We occasionally use nuts in cooking but **never** when we have been notified of people with this allergy.

Vegetarians: We are happy to provide for Vegetarians or Vegans on notification but please note we do not offer vegetarian options as a choice at all meals.

Other information to note:

- For those campers who require certain foods for religious or cultural reasons, ie Halal – we are unable to provide foods for individuals, however we are happy to prepare any foods brought from home.
- Tea, Instant Coffee, Herbal teas and water are available at all times. Milo is provided for supper time only. We are now able to provide percolated coffee for groups but an extra cost will apply.
- We stock wholemeal, grain and white bread, skim milk and So Good soy milk. If you require something different please bring your own.

SAMPLE MENU (Complies with the Right Bite Strategy)

Please note that this is a SAMPLE ONLY and our menus are subject to change at any time without notification. Menus may vary depending on the age of the campers.

Breakfast

- Choice of cereals – Cornflakes, Rice Bubbles, Weet-Bix and All Bran (Porridge is available in winter) with low fat milk
- Toast (white, wholemeal and grain breads) and spreads – margarine, Jams, Honey and Vegemite
- Tinned fruit
- Orange or Apple Juice (one glass per person)
- On the last day of camp – Baked Beans and Spaghetti are served

Morning Tea/Afternoon Tea

- Cakes, Muffins, Biscuits and Slices (All are homemade and comply with the Right Bite guidelines by cutting down the sugar and fat content, adding fruits and vegetables and using a mixture of white and wholemeal flours in some cases.)
- Cheese and Biscuits, Dip with celery, carrot and biscuits
- Prepared Milo is served in the winter months at the discretion of BCSA Staff.

Lunch

- Hamburgers – Bread Roll, meat patty, cheese, lettuce and tomato with condiments. (For High School students and Adult group's beetroot and pineapple are added.)
- Meat and Salad Rolls – Bread Roll with ham or chicken deli meat, cheese, tomato, cucumber and lettuce with condiments
- Chicken Yumbo – Bread Roll, crumbed chicken portion served with cheese, lettuce, tomato and condiments
- Baked Potatoes served with bacon, cheese, beetroot, pineapple, coleslaw and sour cream (For High School age and Adult groups only)
- Hot Soups are served in winter
OR
- Fresh fruit is served after the meal

Dinner

- Roast Beef with roast potatoes, carrots, peas, gravy and a small dinner roll.
- Homemade Lasagne served with salad and garlic bread
- Chicken Drumsticks marinated and served with Rice and mixed vegetables
OR Roast or mashed potatoes and vegetables and a small dinner roll.
- (For High School age and Adult groups only)
- Chicken patties served with roast or mashed potatoes, vegetables, gravy and a small dinner roll. (For Primary School age only)
- BBQ - Chicken patties and sausages served with baked whole potato, salad, bread and condiments. (Minute steaks, chicken or beef kebabs can be served but this would incur an extra cost)

Desserts – Chocolate Mousse, Fruit and Custard, Fruit and Yogurt, Fruit and Ice-Cream, Apple Crumble with custard or cream.

Beverages

- Rain Water is available at all times for Drinking.
- Instant Coffee, teas including herbal teas are available at all times for adults
- Milo is available at supper time only (all year round). During winter Milo may be served for Morning or Afternoon Tea at the discretion of BCSA Staff

Please note: - Groups can **NO longer bring their own coffee percolators or coffee machines** due to the extra stress this places on power supplies.

Percolated Coffee can be provided on request at an extra cost. (If you require this you will need to let us know 14 days prior to your camp.)

FOR SCHOOL GROUPS ONLY

For Teachers and Parents (at no extra charge)

- Percolator coffee, instant coffee, decaf, tea and herbal tea
- Milo is available at all times
- Dip and Biscuits (supper time only)

For Teachers and Parents (extra charge)

- Cheese Platter – with cheeses, dried fruit, biscuits - \$3-00 per person per day (available at supper time only and must be ordered in advance)

DINING ROOM PROCEDURES

Teachers/Parents Table – (School Groups Only)

A designated table at the front of the dining room has been set up for teachers and parents. We ask that you use this table as it is close to the serving area so that if Catering staff need assistance you are close by.

Teachers and Leaders please introduce yourselves

Before and after main Meals – (5 minutes before the meal) tables need to be set and after the meal (30 – 45 mins) tables need to be cleared, dishes washed and put away, coffee area cleaned and floor vacuumed. Catering Staff will be available to instruct teachers and leaders in what needs to be done. An industrial dishwasher is available for use – this must be supervised by an adult at all times.

For M/T, A/T and Supper no set up is required but dishes need to be done. To ensure that these tasks occur we suggest that you divide all the campers into groups of 6-8 people and allocate a group to each meal. Please see catering staff and they will take you through what needs to be done. Alternately, BCS staff can do table setting, dishes, and clean up. This service would incur an extra cost.

Serving of Meals – all meals will be served from the front servery. Teachers or Leaders are asked to send campers in an orderly manner, table by table to get meals. Main Course is served first then dessert. For some meals assistance to serve may be needed. We ask that adults are available to help with this. OHS&W procedures will need to be followed as directed by the Catering Staff. For all groups we ask that a teacher or leader be present at the front servery to assist Catering Staff as needed.