	KRIOL KANTRI YANGBALA KEMP MENU					
	Friday 7 <sup>th</sup> July	Saturday 8 <sup>™</sup> July	Sunday 9 <sup>™</sup> July	Monday 10 <sup>TH</sup> July		
Breakfast		Cereal Toast	Cereal Toast	Cereal Toast		
MORNING TEA	PICKING UP YOUTH					
LUNCH			Afternoon Elective: Damper Making	DROPPING YOUTH HOME With a prepared lunch, sandwiches,		
AFTERNOO N TEA		FRUIT (Watermelon)		and left overs. Leave some food for the team cleaning		
DINNER	Chickens/ Sausage (as don't really know how many)			up.		
Supper		(Hot chocolate?)	(Hot chocolate?)			

## \*Suggestion Dinners

Stew and Rice Bulocky and vegies Big Feast on last night (traditionally cooked)?

Breakfast Menu	Items	Cost of Items	Quantity	Total Cost
WEETBIX				
CORNFLAKES				
TOAST/BREAD	Bread (Sunday brekky) (2 slices each) Butter (& damper) Honey Peanut Butter Vegemite Jam – strawberry			
POWDERED MILK				
Rolled Oats (Porridge)				
Cocoa Pops?				

Morning & Afternoon Tea Menu	Ingredients	Cost of Items	Quantity	Total Cost
FRUIT	Morning Tea			
	• Apples			
	• Oranges and/or mandarins			
	• Bannana's			
	Afternoon tea:			
	• Water melon			
Afternoon	Flour			
Elective - Damper	Baking Powder			
	Yeast			
	Jam			
	2 Golden Syrup			
	Golden Syrup			
BISCUITS	Mixed packet of creams & non creams			

CHIPS	Mixed Bag of Chips		
SWEETS			
Drinks	Tea – Sugar		
	Coffee, Powder Milk,		

Lunch Menu	Ingredients	Cost of Items	Quantity	Total Cost
Thursday Lunch				
Friday Lunch	Corn Beef			
	Ham			
	Bread rolls			
	Cheese slices			
	Tomato			
	Cucmber			
	Lettuce			
	Beetroot			
	Carrot			

Saturday Lunch	
Sunday Lunch Spreads on bread for	
people left behind from	
camp.	
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Dinner Menu Ingredients	Cost of Items	Quantity	Total Cost
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Thursday or Wednesday Night:	Sausages - Chicken / Sausage (or hot dogs)		
Friday Night			

Saturday Night		

Stew and rice – Salt, Carrot (stew and lunch), Rice, Baking powder, Curry powder, Potato, Onion, Ribone / Chicken / Beef / Mince, Butter, Cabbage, Zakkinni, Bread

Bulocky, Potato, Pumpkin (boiled or roasted), Onion, Carrots

Supper / Drinks	Ingredients	Cost of Items	Quantity	Total Cost
Milo				
Теа				
Cordial	Not red – certain times in the day like afternoon and morning tea. orange and green (no name brand)			