

# Kangaree 2025 Detailed Menu



Please find below details of all of the meals that will be served at the event, and the additional products provided for each modified diet. All items do not have nuts added. Menu may be subject to change.

Pantry	Pantry				
Standard	Dairy free	Lactose free	Gluten free	Gluten & Dairy free	Gluten free & Vegan
Alfoil 30m, Clingwrap (60m), Detergent dishes, Garbage bag 76L black, Garbage bag 82L clear (recycling), Gloves dishwashing large,					
Hand sanitiser gel,	Vegetarian	Vegan	Pork free	Kosher	Halal
Hand soap, Paper towel perforated roll, Pepper with grinder, Salt table, Scourer sponge, Single use compostible bag,					
Spray cleaner multipurpose,	Egg free	Red meat free	Diabetic	Low fructose	Low FODMAP
Spray surface sanitiser, Ultra wipes Chux, Vegemite					

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#### **Pantry**

Vegemite

## Pantry - subcamps

Standard	Dairy free	Lactose free	Gluten free	Gluten & Dairy free	Gluten free & Vegan
Alfoil 30m,	Milk soy UHT	Milk lactose free UHT		Milk soy UHT	Milk soy UHT
Biscuit cream assorted,					
Biscuit family assorted,					
Clingwrap (60m),					
Coffee instant Blend43,					
Detergent dishes,					
Garbage bag 76L black,	Vegetarian	Vegan	Pork free	Kosher	Halal
Garbage bag 82L clear (recycling),		Milk soy UHT			
Gloves dishwashing large,					
Hand sanitiser gel,					
Hand soap,					
Milk full cream UHT,					
Milk low fat UHT,					
Oil vegetable,	Egg free	Red meat free	Diabetic	Low fructose	Low FODMAP
Paper towel perforated roll,					Milk lactose free UHT
Pepper with grinder,					
Salt table,					
Scourer sponge,					
Single use compostible bag,					
Spray cleaner multipurpose,					
Spray surface sanitiser,					
Tea bags black,					
Tea bags chai,					
Tea bags peppermint,					
Ultra wipes Chux,					
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## Breakfast Cereal and pancakes

Standard	Dairy free	Lactose free	Gluten free	Gluten & Dairy free	Gluten free & Vegan
Bread sliced white,	Crumpets GF VEGAN,	Milk lactose free UHT	Bread sliced GF VEGAN (550g),	Bread sliced GF VEGAN (550g),	Bread sliced GF VEGAN (550g),
Cereal Nutrigrain,	Milk soy UHT		Cereal Cornflakes GF VEGAN,	Cereal Cornflakes GF VEGAN,	Cereal Cornflakes GF VEGAN,
Cereal Ricebubbles,			Crumpets GF VEGAN	Crumpets GF VEGAN,	Crumpets GF VEGAN,
Jam strawberry,				Milk soy UHT	Milk soy UHT
Juice apple LL,					
Juice orange LL,					
Maple syrup,	Vegetarian	Vegan	Pork free	Kosher	Halal
Milk full cream UHT,		Crumpets GF VEGAN,			
Milk low fat UHT,		Milk soy UHT			
Pancake pre-made (13cm),					
Single use compostable cup 280ml,					
Single use compostible bowl 390ml,					
Single use compostible fork,					
Single use compostible knife,	Egg free	Red meat free	Diabetic	Low fructose	Low FODMAP
Single use compostible plate 23cm, Single use compostible spoon	Crumpets GF VEGAN		Jam strawberry fruit spread DIET	Bread sliced GF VEGAN (550g), Cereal Cornflakes GF VEGAN, Crumpets GF VEGAN	Bread sliced GF VEGAN (550g), Cereal Cornflakes GF VEGAN, Crumpets GF VEGAN, Milk lactose free UHT

## Breakfast Cereal and bakery bun

Standard	Dairy free	Lactose free	Gluten free	Gluten & Dairy free	Gluten free & Vegan
Bread sliced white,	Banana bread GF VEGAN,	Milk lactose free UHT	Banana bread GF VEGAN,	Banana bread GF VEGAN,	Banana bread GF VEGAN,
Cereal Nutrigrain,	Milk soy UHT		Bread sliced GF VEGAN (550g),	Bread sliced GF VEGAN (550g),	Bread sliced GF VEGAN (550g),
Cereal Ricebubbles,			Cereal Cornflakes GF VEGAN	Cereal Cornflakes GF VEGAN,	Cereal Cornflakes GF VEGAN,
Cheese and bacon rolls,				Milk soy UHT	Milk soy UHT
Juice apple LL,					
Juice orange LL,					
Milk full cream UHT,	Vegetarian	Vegan	Pork free	Kosher	Halal
Milk low fat UHT,	Banana bread GF VEGAN	Banana bread GF VEGAN,	Banana bread GF VEGAN	Banana bread GF VEGAN	Banana bread GF VEGAN
Single use compostable cup 280ml,		Milk soy UHT			
Single use compostible bowl 390ml,					
Single use compostible spoon					
	Egg free	Red meat free	Diabetic	Low fructose	Low FODMAP
		Banana bread GF VEGAN		Banana bread GF VEGAN,	Banana bread GF VEGAN,
				Bread sliced GF VEGAN (550g),	Bread sliced GF VEGAN (550g),
				Cereal Cornflakes GF VEGAN	Cereal Cornflakes GF VEGAN,
					Milk lactose free UHT

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Morning Tea	Muesli bar
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Standard	Dairy free	Lactose free	Gluten free	Gluten & Dairy free	Gluten free & Vegan
Muesli bar choc variety, Muesli bar yoghurt variety	Anzac Biscuit GF VEGAN (PC)				
	Vegetarian	Vegan	Pork free	Kosher	Halal
	Vegetarian	Anzac Biscuit GF VEGAN (PC)	T OIR IICE	Nosilei	Traid
	Egg free	Red meat free	Diabetic	Low fructose	Low FODMAP
	Egg nec	Tred mede nee	Anzac Biscuit GF VEGAN (PC)	Anzac Biscuit GF VEGAN (PC)	Anzac Biscuit GF VEGAN (PC)

## Morning Tea Muffin

Standard	Dairy free	Lactose free	Gluten free	Gluten & Dairy free	Gluten free & Vegan
Muffin blueberry (PC 120g),	Chocolate cupcake GF VEGAN		Chocolate cupcake GF VEGAN	Chocolate cupcake GF VEGAN	Chocolate cupcake GF VEGAN
Muffin chocolate (PC 120g)					
	Vegetarian	Vegan CF VFC AN	Pork free	Kosher	Halal
		Chocolate cupcake GF VEGAN			
	Egg free	Red meat free	Diabetic	Low fructose	Low FODMAP
	Chocolate cupcake GF VEGAN	red mederies	Diasette	Anzac Biscuit GF VEGAN (PC)	Anzac Biscuit GF VEGAN (PC)
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## Lunch Sandwich (pre made)

Standard	Dairy free	Lactose free	Gluten free	Gluten & Dairy free	Gluten free & Vegan
SW Chicken Avo on white,			SW Ham Cheese Tomato on GF	SW Roasted Vegetables on GF	SW Salad, Hommus, Vegan Cheese
SW Chicken Caesar wrap,					on GF bread
SW Chicken Tandoori Cucumber					
Raita wrap,					
SW Corn Beef Pickle Cheese on					
wmeal,	V		D 16		
	Vegetarian	Vegan	Pork free	Kosher	Halal
SW Falafel Hommus wrap, SW Ham Cheese on white,					
SW Ham Cheese Tomato on white,					
SW Vegemite & Cheese on white					
orr regenine a chicaco an mine					
	Egg free	Red meat free	Diabetic	Low fructose	Low FODMAP
				SW Ham & LF Cheese GF	SW Ham & LF Cheese GF

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Afternoon Tea Chips and fruit
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Standard	Dairy free	Lactose free	Gluten free	Gluten & Dairy free	Gluten free & Vegan
Chips Crinkle Flavour Mix (PC 19g),					
Chips Snack Variety Mix (PC 19g),					
Fruit apple green small,					
Fruit apple red small,					
Fruit banana,					
Fruit mandarin,					
Fruit pear,	Vegetarian	Vegan	Pork free	Kosher	Halal
Popcorn (PC 13g) GF VEGAN					
	Egg free	Red meat free	Diabetic	Low fructose	Low FODMAP

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## Dinner Chicken tacos with salad and corn chips

Standard	Dairy free	Lactose free	Gluten free	Gluten & Dairy free	Gluten free & Vegan
Avocado pulp,	Mayonnaise GF VEGAN	Cheese grated LF,	Tortilla corn 6in GF VEGAN	Tortilla corn 6in GF VEGAN	Fable mushroom,
Cheese grated mozzarella,		Sour cream lite LF			Mayonnaise GF VEGAN,
Chicken breast pieces (pre-cooked),					Tortilla corn 6in GF VEGAN
Coleslaw mix,					
Cordial orange,					
Corn chips (tortilla round),					
Lettuce iceberg shredded,	Vegetarian	Vegan	Pork free	Kosher	Halal
Salsa mild chunky,	Fable mushroom	Fable mushroom,		Chicken tenderloins KOSHER,	
Sauce chipotle mayo,		Mayonnaise GF VEGAN		Mayonnaise GF VEGAN	
Single use compostable container &					
lid 1.75L,					
Single use compostable cup 280ml,					
Single use compostible fork,					
Single use compostible plate 23cm,	Egg free	Red meat free	Diabetic	Low fructose	Low FODMAP
Sour cream,	Mayonnaise GF VEGAN		Cordial apple blackcurrant DIET,	Tortilla corn 6in GF VEGAN	Cheese grated LF,
Spice mix taco GF,			Sour cream lite LF,		Sour cream lite LF,
Tortilla flour 6in			Tortilla corn 6in GF VEGAN		Tortilla corn 6in GF VEGAN

## Dinner BBQ hamburgers and potato salad

Standard	Dairy free	Lactose free	Gluten free	Gluten & Dairy free	Gluten free & Vegan
Cheese sliced tasty,	Potato gems	Cheese sliced tasty LF,	Hamburger bun GF	Hamburger bun GF	Hamburger bun GF,
Cordial orange,		Potato gems			Veggie burger classic GF VEGAN
Hamburger beef 150g,					
Hamburger bun (sliced),					
Lettuce iceberg shredded,					
Potato salad (pre-made),					
Sauce BBQ GF,	Vegetarian	Vegan	Pork free	Kosher	Halal
Sauce tomato GF,	Veggie burger classic GF VEGAN	Potato gems,		Hamburger beef KOSHER,	
Single use compostable container &		Veggie burger classic GF VEGAN		Potato gems	
lid 1.75L,					
Single use compostable cup 280ml,					
Single use compostible fork,					
Single use compostible knife,					
	Egg free	Red meat free	Diabetic	Low fructose	Low FODMAP
Tinned beetroot sliced,	Potato gems	Veggie burger classic GF VEGAN	Cordial apple blackcurrant DIET	Hamburger bun GF,	Cheese sliced tasty LF,
Tinned pineapple ring,				Potato gems	Hamburger bun GF,
Tomato sliced					Potato gems

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#### Dessert Chocolate cake

Standard	Dairy free	Lactose free	Gluten free	Gluten & Dairy free	Gluten free & Vegan
Cake chocolate slab, Custard UHT,	Cake triple choc brownie GF VEGAN,	Cake triple choc brownie GF VEGAN,	Cake triple choc brownie GF VEGAN	Cake triple choc brownie GF VEGAN,	Cake triple choc brownie GF VEGAN,
Single use compostible bowl 390ml, Single use compostible spoon	Custard GF VEGAN	Custard GF VEGAN		Custard GF VEGAN	Custard GF VEGAN
	Vegetarian	Vegan	Pork free	Kosher	Halal
		Cake triple choc brownie GF VEGAN, Custard GF VEGAN		Cake triple choc brownie GF VEGAN, Custard GF VEGAN	
	Egg free	Red meat free	Diabetic	Low fructose	Low FODMAP
	Cake triple choc brownie GF VEGAN		Double choc brownie indulgence bar	Cake triple choc brownie GF VEGAN	Cake triple choc brownie GF VEGAN, Custard GF VEGAN

#### Dessert Ice cream

Standard	Dairy free	Lactose free	Gluten free	Gluten & Dairy free	Gluten free & Vegan
Ice cream choc bar GF,					
Ice cream frozen yoghurt cup					
raspberry, Icy pole lemonade					
ley pole lemonade					
	Vegetarian	Vegan	Pork free	Kosher	Halal
	Eng free	Red meat free	Diabetic	Low fructose	Low FODMAP
	Egg free	Red meat free	Diapetic	Low fructose	LOW FUDMAP

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