The following is the current food service of the Signadou Adventure Camp. Each meal will have Vegetarian and Gluten Free options available.

**DAY 1**

**Lunch – Sandwiches / Rolls / Wraps / Green Leaf Salad / Pasta Salad / Coleslaw**

**Ingredients -**

|  |  |  |
| --- | --- | --- |
| **Item** | **Cost**  | **Qty**  |
| [Wonder White Bread Vitamins & Minerals Toast 700G | Woolworths](https://www.woolworths.com.au/shop/productdetails/263667/wonder-white-bread-vitamins-minerals-toast) | $4.40  | 3 |
| [Woolworths Soft Round Rolls Extra Soft Lunch 6 pack | Woolworths](https://www.woolworths.com.au/shop/productdetails/130502?googleshop=true&store_code=woolworths_supermarkets_1073&utm_source=google&utm_medium=cpc&utm_campaign=WW-0001&cq_net=g&cq_src=GOOGLE&cq_cmp=Woolies_8458_BAU_StandShop_KVI_Primary_WW&cq_med=71700000116311389&cq_plac=&cq_term=PRODUCT_GROUP&ds_adt=pla&cq_plt=gp&cq_gclid=CjwKCAjw-O6zBhASEiwAOHeGxTSEetw3Ze1-9kMcmcwu7Z-Sna324mnjbnxp1_AgsVKN7wYAvUUX2hoC09wQAvD_BwE&ds_de=c&ds_pc=local&ds_cr=682977778238&ds_tid=aud-1726062030879:pla-2326161866397&ds_locphys=9071952&ds_pid=130502&cmpid=smsm:ds:GOOGLE:Woolies_8458_BAU_StandShop_KVI_Primary_WW:PRODUCT_GROUP&gad_source=1&gclid=CjwKCAjw-O6zBhASEiwAOHeGxTSEetw3Ze1-9kMcmcwu7Z-Sna324mnjbnxp1_AgsVKN7wYAvUUX2hoC09wQAvD_BwE&gclsrc=aw.ds) | $2.85 | 8 |
| [Mission Wraps Original 8 Pack | Woolworths](https://www.woolworths.com.au/shop/productdetails/320194/mission-wraps-original) | $4.50 | 2 |
| [Woolworths Creamy Pasta Salad 800G | Woolworths](https://www.woolworths.com.au/shop/productdetails/793192/woolworths-creamy-pasta-salad) | $6.50 | 6 |
| [Coleslaw - Woolworths Online](https://www.woolworths.com.au/shop/productdetails/311534/woolworths-classic-coleslaw) | $6.50 | 4 |
| [Iceberg Lettuce Each | Woolworths](https://www.woolworths.com.au/shop/productdetails/154340/iceberg-lettuce) | 3.50 | 6 |
| [Woolworths Pepper Grinder Black Peppercorn 50G | Woolworths](https://www.woolworths.com.au/shop/productdetails/334639/woolworths-pepper-grinder-black-peppercorn) | 3.40 | 1 |
| [Woolworths Sea Salt Grinder 110G | Woolworths](https://www.woolworths.com.au/shop/productdetails/887995/woolworths-sea-salt-grinder) | $3.40 | 1 |
| [Fresh Tomato Each | Woolworths](https://www.woolworths.com.au/shop/productdetails/134034/fresh-tomato) | $0.98 (Each) | 14 |
| [Woolworths Australian Grown Carrots 1Kg | Woolworths](https://www.woolworths.com.au/shop/productdetails/135369/woolworths-australian-grown-carrots) | $2.40 (bag) | 3 |
| [Woolworths Beetroot Sliced 425G | Woolworths](https://www.woolworths.com.au/shop/productdetails/751321/woolworths-beetroot-sliced) | $1.90 | 4 |
| [Lebanese Cucumbers Each | Woolworths](https://www.woolworths.com.au/shop/productdetails/137130/lebanese-cucumbers) | $1.60 | 8 |
| [Onion Red Each | Woolworths](https://www.woolworths.com.au/shop/productdetails/144497/onion-red) | $0.68 | 4 |
| [D'orsogna Leg Ham Shaved 4 Pack | Woolworths](https://www.woolworths.com.au/shop/productdetails/390450/d-orsogna-leg-ham-shaved) | $6.30 | 6 |
| [Primo Chicken Breast Sliced Thinly Sliced 80g | Woolworths](https://www.woolworths.com.au/shop/productdetails/544762/primo-chicken-breast-sliced-thinly-sliced) | $3.95 | 6 |
| [Primo Turkey Breast Sliced 80g | Woolworths](https://www.woolworths.com.au/shop/productdetails/544697/primo-turkey-breast-sliced) | $3.95 | 4 |
| [Woolworths Traditional Mayonnaise 470G | Woolworths](https://www.woolworths.com.au/shop/productdetails/467269/woolworths-traditional-mayonnaise) | $3.60 | 2 |
| [Woolworths Chipotle Mayonnaise 250ml | Woolworths](https://www.woolworths.com.au/shop/productdetails/87913/woolworths-chipotle-mayonnaise) | $2 | 2 |
| [Woolworths Sweet Chilli Mayonnaise 250mL | Woolworths](https://www.woolworths.com.au/shop/productdetails/87830/woolworths-sweet-chilli-mayonnaise) | 2 | 2 |

**Dinner – Pesto Pasta**

**Ingredients -**

|  |  |  |
| --- | --- | --- |
| **Item** | **Cost**  | **Qty**  |
| [Woolworths Prep Set Go Diced Frozen Onions 500G | Woolworths](https://www.woolworths.com.au/shop/productdetails/61998/woolworths-prep-set-go-diced-frozen-onions) | $2.70 | 4 |
| [Woolworths Garlic Head Each | Woolworths](https://www.woolworths.com.au/shop/productdetails/713429/woolworths-garlic-head) | $1.65 | 2 |
| [Woolworths Cherry Tomatoes Punnet 250g | Woolworths](https://www.woolworths.com.au/shop/productdetails/149620/woolworths-cherry-tomatoes-punnet) | $3.00 | 6 |
| [Woolworths Pitted Kalamata Olives 345G | Woolworths](https://www.woolworths.com.au/shop/productdetails/690365/woolworths-pitted-kalamata-olives) | $3.00 | 4 |
| [Chapmans Kabanos From The Deli Per Kg | Woolworths](https://www.woolworths.com.au/shop/productdetails/927546/chapmans-kabanos-from-the-deli) | $22.20 | 1 Kg |
| [Woolworths Haloumi 180G | Woolworths](https://www.woolworths.com.au/shop/productdetails/829814/woolworths-haloumi) | $4.00 | 6 |
| [Woolworths Pasta Penne Rigate 500g | Woolworths](https://www.woolworths.com.au/shop/productdetails/346831/woolworths-pasta-penne-rigate) | $1.00 | 6 |
| [Woolworths Mushroom Sliced 500G | Woolworths](https://www.woolworths.com.au/shop/productdetails/89466/woolworths-mushroom-sliced) | $5.50 | 4 |
| Aldi Pesto  | $1.80 | 6 |
| [Woolworths Pepper Grinder Black Peppercorn 50G | Woolworths](https://www.woolworths.com.au/shop/productdetails/334639/woolworths-pepper-grinder-black-peppercorn) | $3.40 | 1  |
| [Woolworths Sea Salt Grinder 110G | Woolworths](https://www.woolworths.com.au/shop/productdetails/887995/woolworths-sea-salt-grinder) | $3.40 | 1  |
| [Woolworths Cumin Ground Ground 30g | Woolworths](https://www.woolworths.com.au/shop/productdetails/251007/woolworths-cumin-ground-ground) | $1.36 | 1  |
| [Woolworths Mixed Herbs Dried 12g | Woolworths](https://www.woolworths.com.au/shop/productdetails/251120/woolworths-mixed-herbs-dried) | $2.40 | 1  |

**DAY 2**

**Breakfast – Cereal / Toast / Bagels / Fruit**

**Ingredients -**

|  |  |  |
| --- | --- | --- |
| **Item** | **Cost**  | **Qty**  |
| [Kellogg's Nutri Grain Protein Breakfast Cereal 290g | Woolworths](https://www.woolworths.com.au/shop/productdetails/701706/kellogg-s-nutri-grain-protein-breakfast-cereal) | $7.00 | 2  |
| [Kellogg's Corn Flakes Breakfast Cereal 890g | Woolworths](https://www.woolworths.com.au/shop/productdetails/201949/kellogg-s-corn-flakes-breakfast-cereal) | $6.90 | 1  |
| [Weet - Bix Breakfast Cereal 1.2Kg | Woolworths](https://www.woolworths.com.au/shop/productdetails/200695/weet-bix-breakfast-cereal) | $6.00 | 2 |
| [Kellogg's Crunchy Nut Corn Flakes Breakfast Cereal 640g | Woolworths](https://www.woolworths.com.au/shop/productdetails/202915/kellogg-s-crunchy-nut-corn-flakes-breakfast-cereal) | $7.50 | 2  |
| [Woolworths Whole Milk Full Cream Milk 2L | Woolworths](https://www.woolworths.com.au/shop/productdetails/807383/woolworths-whole-milk-full-cream-milk) | $3.10 | 4  |
| [Wonder White Bread Vitamins & Minerals Toast 700G | Woolworths](https://www.woolworths.com.au/shop/productdetails/263667/wonder-white-bread-vitamins-minerals-toast) | $4.40 | 2 |
| [Woolworths Smooth Peanut Butter 500g | Woolworths](https://www.woolworths.com.au/shop/productdetails/233922/woolworths-smooth-peanut-butter) | $3.60 | 3 |
| [Cottee's Strawberry Jam 375g | Woolworths](https://www.woolworths.com.au/shop/productdetails/292796/cottee-s-strawberry-jam) | $2.80 | 3 |
| [Vegemite Spread 560G | Woolworths](https://www.woolworths.com.au/shop/productdetails/280512/vegemite-spread) | $9.40 | 1 |
| [Capilano 100% Pure Australian Honey Squeeze 340g | Woolworths](https://www.woolworths.com.au/shop/productdetails/954138/capilano-100-pure-australian-honey-squeeze) | $5.95 | 2 |
| [Woolworths Plain Bagels 4 Pack | Woolworths](https://www.woolworths.com.au/shop/productdetails/222270/woolworths-plain-bagels) | $3.50 | 8 |
| [Woolworths Cream Cheese 250G | Woolworths](https://www.woolworths.com.au/shop/productdetails/296507/woolworths-cream-cheese) | $2.90 | 2 |
| [Nuttelex Buttery Table Spread 500G | Woolworths](https://www.woolworths.com.au/shop/productdetails/899765/nuttelex-buttery-table-spread) | $4.70 | 4 |
| [Kanzi Apple Each | Woolworths](https://www.woolworths.com.au/shop/productdetails/381923/kanzi-apple) | $0.96 | 18 |
| [Cavendish Bananas Each | Woolworths](https://www.woolworths.com.au/shop/productdetails/133211/cavendish-bananas) | $0.72 | 16 |
| [Mandarin Imperial Each | Woolworths](https://www.woolworths.com.au/shop/productdetails/141410/mandarin-imperial) | $0.46 | 14 |
| [Fresh Packham Pear Each | Woolworths](https://www.woolworths.com.au/shop/productdetails/115330/fresh-packham-pear) | $1.04 | 12 |

**Lunch – Vege BBQ**

**Ingredients -**

|  |  |  |
| --- | --- | --- |
| **Item** | **Cost**  | **Qty**  |
| [Woolworths Haloumi 180G | Woolworths](https://www.woolworths.com.au/shop/productdetails/829814/woolworths-haloumi) | $4.80 | 10 |
| [Red Capsicum Each | Woolworths](https://www.woolworths.com.au/shop/productdetails/135306/red-capsicum) | $2.48 | 4 |
| [Capsicum Green Each | Woolworths](https://www.woolworths.com.au/shop/productdetails/135156/capsicum-green) | $2.23 | 2 |
| [Capsicum Yellow Each | Woolworths](https://www.woolworths.com.au/shop/productdetails/135324/capsicum-yellow) | $3.23 | 4 |
| [Onion Red Each | Woolworths](https://www.woolworths.com.au/shop/productdetails/144497/onion-red) | $0.68 | 2 |
| [Cherry Tomatoes - Woolworths Online](https://www.woolworths.com.au/shop/productdetails/149620/woolworths-cherry-tomatoes-punnet) | $3.50 | 4 |
| [Woolworths Mushroom Sliced 500G | Woolworths](https://www.woolworths.com.au/shop/productdetails/89466/woolworths-mushroom-sliced) | $7.50 | 2 |
| [Green Zucchini Each | Woolworths](https://www.woolworths.com.au/shop/productdetails/170225/green-zucchini) | $0.78 | 2 |
| [Woolworths Soft Round Rolls Extra Soft Lunch 6 pack | Woolworths](https://www.woolworths.com.au/shop/productdetails/130502?googleshop=true&store_code=woolworths_supermarkets_1073&utm_source=google&utm_medium=cpc&utm_campaign=WW-0001&cq_net=g&cq_src=GOOGLE&cq_cmp=Woolies_8458_BAU_StandShop_KVI_Primary_WW&cq_med=71700000116311389&cq_plac=&cq_term=PRODUCT_GROUP&ds_adt=pla&cq_plt=gp&cq_gclid=CjwKCAjw-O6zBhASEiwAOHeGxTSEetw3Ze1-9kMcmcwu7Z-Sna324mnjbnxp1_AgsVKN7wYAvUUX2hoC09wQAvD_BwE&ds_de=c&ds_pc=local&ds_cr=682977778238&ds_tid=aud-1726062030879:pla-2326161866397&ds_locphys=9071952&ds_pid=130502&cmpid=smsm:ds:GOOGLE:Woolies_8458_BAU_StandShop_KVI_Primary_WW:PRODUCT_GROUP&gad_source=1&gclid=CjwKCAjw-O6zBhASEiwAOHeGxTSEetw3Ze1-9kMcmcwu7Z-Sna324mnjbnxp1_AgsVKN7wYAvUUX2hoC09wQAvD_BwE&gclsrc=aw.ds) | $2.85 | 8 |
| [Masterfoods Garlic & Herb Salt Seasoning Salt 62g | Woolworths](https://www.woolworths.com.au/shop/productdetails/50748/masterfoods-garlic-herb-salt-seasoning-salt) | $3.00 | 2  |

**Dinner – Tacos / Burritos**

**Ingredients -**

|  |  |  |
| --- | --- | --- |
| **Item** | **Cost**  | **Qty**  |
| [Woolworths Heart Smart Extra Lean Beef Mince 500G | Woolworths](https://www.woolworths.com.au/shop/productdetails/577860/woolworths-heart-smart-extra-lean-beef-mince) | $10.00 | 3 |
| [Woolworths Prep Set Go Diced Frozen Onions 500G | Woolworths](https://www.woolworths.com.au/shop/productdetails/61998/woolworths-prep-set-go-diced-frozen-onions) | $2.70 | 2 |
| [Woolworths Corn Sweet Kernels 420G | Woolworths](https://www.woolworths.com.au/shop/productdetails/218926/woolworths-corn-sweet-kernels) | $1.05 | 4 |
| [Woolworths Mexican Style 3 Bean Mix No Added Salt Can 420G | Woolworths](https://www.woolworths.com.au/shop/productdetails/663582/woolworths-mexican-style-3-bean-mix-no-added-salt-can) | $1.00 | 3 |
| [Iceberg Lettuce Each | Woolworths](https://www.woolworths.com.au/shop/productdetails/154340/iceberg-lettuce) | $3.50 | 5 |
| [Fresh Tomato Each | Woolworths](https://www.woolworths.com.au/shop/productdetails/134034/fresh-tomato) | $0.98 | 10 |
| [Woolworths Mozzarella Shredded Cheese 500G | Woolworths](https://www.woolworths.com.au/shop/productdetails/728983/woolworths-mozzarella-shredded-cheese) | $7.70 | 4 |
| [Woolworths Medium Salsa 300G | Woolworths](https://www.woolworths.com.au/shop/productdetails/311118/woolworths-medium-salsa) | $1.50 | 4 |
| [Red Capsicum Each | Woolworths](https://www.woolworths.com.au/shop/productdetails/135306/red-capsicum) | $2.48 | 6 |
| [Woolworths Tortillas 10 Pack | Woolworths](https://www.woolworths.com.au/shop/productdetails/861021/woolworths-tortillas) | $3.75 | 4 |
| [Old El Paso Stand 'n Stuff Taco Shells Taco Shells 10 Pack | Woolworths](https://www.woolworths.com.au/shop/productdetails/514871/old-el-paso-stand-n-stuff-taco-shells-taco-shells) | $4.40 | 2 |
| [Woolworths Paprika Ground 30G | Woolworths](https://www.woolworths.com.au/shop/productdetails/251130/woolworths-paprika-ground) | $1.60 | 1 |
| [Woolworths Cumin Ground Ground 30g | Woolworths](https://www.woolworths.com.au/shop/productdetails/251007/woolworths-cumin-ground-ground) | $1.36 | 1 |
| [Woolworths Sea Salt Grinder 110G | Woolworths](https://www.woolworths.com.au/shop/productdetails/887995/woolworths-sea-salt-grinder) | $3.40 | 1 |

**DAY 3**

**Breakfast – Bacon / Eggs**

**Ingredients -**

|  |  |  |
| --- | --- | --- |
| **Item** | **Cost**  | **Qty**  |
| [Woolworths Middle Bacon Middle Rashers 1Kg | Woolworths](https://www.woolworths.com.au/shop/productdetails/48358/woolworths-middle-bacon-middle-rashers) | $13.20 | 4 |
| [Pace Farm 12 Extra Large Cage Free Eggs 700G | Woolworths](https://www.woolworths.com.au/shop/productdetails/59790/pace-farm-12-extra-large-cage-free-eggs) | $6.45 | 4 |
| [Woolworths Whole Milk Full Cream Milk 2L | Woolworths](https://www.woolworths.com.au/shop/productdetails/807383/woolworths-whole-milk-full-cream-milk) | $3.10 | 1  |
| [Woolworths Soft Round Rolls Extra Soft Lunch 6 pack | Woolworths](https://www.woolworths.com.au/shop/productdetails/130502?googleshop=true&store_code=woolworths_supermarkets_1073&utm_source=google&utm_medium=cpc&utm_campaign=WW-0001&cq_net=g&cq_src=GOOGLE&cq_cmp=Woolies_8458_BAU_StandShop_KVI_Primary_WW&cq_med=71700000116311389&cq_plac=&cq_term=PRODUCT_GROUP&ds_adt=pla&cq_plt=gp&cq_gclid=CjwKCAjw-O6zBhASEiwAOHeGxTSEetw3Ze1-9kMcmcwu7Z-Sna324mnjbnxp1_AgsVKN7wYAvUUX2hoC09wQAvD_BwE&ds_de=c&ds_pc=local&ds_cr=682977778238&ds_tid=aud-1726062030879:pla-2326161866397&ds_locphys=9071952&ds_pid=130502&cmpid=smsm:ds:GOOGLE:Woolies_8458_BAU_StandShop_KVI_Primary_WW:PRODUCT_GROUP&gad_source=1&gclid=CjwKCAjw-O6zBhASEiwAOHeGxTSEetw3Ze1-9kMcmcwu7Z-Sna324mnjbnxp1_AgsVKN7wYAvUUX2hoC09wQAvD_BwE&gclsrc=aw.ds) | $2.85 | 6 |

**Incidentals**

**Drinks**

 **Ingredients -**

|  |  |  |
| --- | --- | --- |
| **Item** | **Cost**  | **Qty**  |
| [Woolworths Orange Juice 2L | Woolworths](https://www.woolworths.com.au/shop/productdetails/825528/woolworths-orange-juice) | $3.35 | 2 |
| [Woolworths Apple & Blackcurrant Juice 2L | Woolworths](https://www.woolworths.com.au/shop/productdetails/825529/woolworths-apple-blackcurrant-juice) | $2.80 | 2 |
| [Woolworths Apple Juice 2L | Woolworths](https://www.woolworths.com.au/shop/productdetails/825527/woolworths-apple-juice) | $2.80 | 2 |
| [Woolworths Breakfast Juice 2L | Woolworths](https://www.woolworths.com.au/shop/productdetails/55071/woolworths-breakfast-juice) | $2.80 | 2 |
| [Coca - Cola Classic Soft Drink Multipack Cans 375ml X 24 Pack | Woolworths](https://www.woolworths.com.au/shop/productdetails/42605/coca-cola-classic-soft-drink-multipack-cans) | $38.50 | 1 |
| [Coca - Cola Zero Sugar Soft Drink Multipack Cans 24 x 375mL | Woolworths](https://www.woolworths.com.au/shop/productdetails/669683/coca-cola-zero-sugar-soft-drink-multipack-cans) | $38.50 | 1 |
| [Schweppes Lemonade Soft Drink Cans Multipack 375mL x 30 Pack | Woolworths](https://www.woolworths.com.au/shop/productdetails/773144/schweppes-lemonade-soft-drink-cans-multipack) | $26.00 | 1 |
| [Solo Thirst Crusher Original Lemon Soft Drink Cans Multipack 375mL x 30 Pack | Woolworths](https://www.woolworths.com.au/shop/productdetails/773142/solo-thirst-crusher-original-lemon-soft-drink-cans-multipack) | $26.00 | 1 |
| [Woolworths Spring Water Bottles 600mL x24 Pack | Woolworths](https://www.woolworths.com.au/shop/productdetails/116784/woolworths-spring-water-bottles) | $9.50 | 5 |

**Snacks**

 **Ingredients -**

|  |  |  |
| --- | --- | --- |
| **Item** | **Cost**  | **Qty**  |
| [Uncle Tobys Muesli Bar Yoghurt Varieties 15 Pack | Woolworths](https://www.woolworths.com.au/shop/productdetails/667658/uncle-tobys-muesli-bar-yoghurt-varieties) | $8.00 | 2 |
| [Arnott's Shapes Multipack Cracker Biscuits Variety 15 pack | Woolworths](https://www.woolworths.com.au/shop/productdetails/641532/arnott-s-shapes-multipack-cracker-biscuits-variety) | $6.50 | 2 |
| [Arnott's Tiny Teddy Variety Multipack Biscuits 15 Pack | Woolworths](https://www.woolworths.com.au/shop/productdetails/641537/arnott-s-tiny-teddy-variety-multipack-biscuits) | $6.50 | 2 |
| [Smith's Potato Chips Snack Mix Multipack Variety 20 Pack | Woolworths](https://www.woolworths.com.au/shop/productdetails/79914/smith-s-potato-chips-snack-mix-multipack-variety) | $8.90 | 2 |
| [Carman's Protein Bars Salted Caramel Nut Butter 5 pack | Woolworths](https://www.woolworths.com.au/shop/productdetails/810343/carman-s-protein-bars-salted-caramel-nut-butter) | $6.00 | 2 |
| [Carman's Protein Bars Greek Style Yoghurt & Berry 5 pack | Woolworths](https://www.woolworths.com.au/shop/productdetails/867857/carman-s-protein-bars-greek-style-yoghurt-berry) | $6.00 | 2 |
| [Carman's Protein Bars Dark Choc & Cranberry 5 pack | Woolworths](https://www.woolworths.com.au/shop/productdetails/786273/carman-s-protein-bars-dark-choc-cranberry) | $6.00 | 2 |
| [Kitkat Milk Chocolate 18 Mini Bars Share Pack 252g | Woolworths](https://www.woolworths.com.au/shop/productdetails/347540/kitkat-milk-chocolate-18-mini-bars-share-pack) | $6.50 | 2 |
| [Mars Milk Chocolate Party Share Bag 20 Pieces 320g | Woolworths](https://www.woolworths.com.au/shop/productdetails/160838/mars-milk-chocolate-party-share-bag-20-pieces) | $6.50 | 2 |