

Flow Camp

Menu

Full menu plan

Check out the full menu plan, so you can be in the know as to what they are eating!

Questions? flow@flowacademy.co.nz

Day 1

First arrival - (Only basic snacks will be provided, these options will be available at the kitchen 8:00am-10:00pm every day at any time)

- Oat and raisin cookies
- Apples
- Bananas
- Oranges
- Water
- Tea
- Cordial (Sachet orange drink)

Dinner 6:00pm (Nachos)

- Nacho chips (natural, cheese and hot)
- Chili (Beef mince, onion, chilli beans, corn, chili mix)
- Sour cream
- Cheese
- Guacamole (Veg option)

Supper 9:30pm-10:00pm

- Tea
- Biscuits

Day 2

Breakfast 8:00am

- Breakfast (Toast, Scrambled egg, Marmite, Jam, Peanut Butter, Cereal w/ Milk and Almond milk)
- Toast
- Spaghetti / Baked beans
- Scrambled Eggs (With cheese)
- Marmite
- Jam
- Peanut Butter (allergy dependant)
- Cereal w/Milk
- Almond Milk (Vegan option)

Lunch 12:00pm (Sandwiches and rolls)

- Bread (white, wholemeal, french stick)
- Ham, chicken, egg
- Tomato, lettuce, beetroot
- Cheese, mayo, mustard

Dinner 6:00pm (Lasagne)

- Lasagne sheets
- Mince
- Cheese
- Sauce (Pasta sauce)
- Side vegetables (Broccoli, cauliflower and beans)
- Cheese/white sauce
- Courgette lasagne (Veg option)

Campfire 9:00pm

- Marshmallows
- Hot Cocoa

Day 3

Breakfast 8:00am

- Breakfast (Toast, Scrambled egg, Marmite, Jam, Peanut Butter, Cereal w/ Milk and Almond milk)
- Toast
- Spaghetti / Baked beans
- Scrambled Eggs (With cheese)
- Marmite
- Jam
- Peanut Butter (allergy dependant)
- Cereal w/Milk
- Almond Milk (Vegan option)

Lunch 12:00pm

- Samosa
- Chicken nuggets
- Chips
- Spring Rolls
- Carrot Sticks
- Celery
- Peanut Butter (Depending on allergies)
- Hummus

Dinner 6:00pm (BBQ)

- Sausages
- Meat Patties
- Chicken

- Mustard
- Mayo
- Buns
- Salad (Coleslaw)
- Bread (white, or whole meal)
- Tomato Sauce
- Onions

Day 4

Breakfast 8:00am

- Breakfast (Toast, Scrambled egg, Marmite, Jam, Peanut Butter, Cereal w/ Milk and Almond milk)
- Toast
- Spaghetti / Baked beans
- Scrambled Eggs (With cheese)
- Marmite
- Jam
- Peanut Butter (allergy dependant)
- Cereal w/Milk
- Almond Milk (Vegan option)

Lunch 12:00pm

- Bread (white, wholemeal, french stick)
- Ham, chicken, egg
- Tomato, lettuce, beetroot
- Cheese, mayo, mustard