

# SIMONSBERG CHRISTIAN CENTRE

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## "Life, Hope and Growth"

### Sample Camp Menus:

#### 1) Adult Weekend Group

Breakfast	Lunch	Supper
		Italian Mince/Lasagne French Salad Fruit
Cereal/Oats Scrambled Egg & Bacon Toast	Chicken Steaklets Mushroom Sauce Beetroot Salad Barley Salad	Cottage Pie Mixed Vegetables Baked Pudding & Custard
Cereal/Muesli/ Mielie Meal Yoghurt Scrambled Egg Toast	Roast Chicken Rice Roast Potatoes Vegetables in Cheese Sauce Ice Cream & Chocolate Sauce	<i>(Juice, Tea &amp; Coffee served with meals)</i>

#### 2) School Mid week Camp

Breakfast	Lunch	Supper
Juice	Hamburger & Chips Fruit	Spaghetti Bolognese Vegetables
Oats/Cereal Scrambled Egg Toast	Macaroni Cheese Carrot & Pineapple Salad Fruit	Roast Chicken Mash Potato Mixed Vegetables Ice Cream Cone
Mielie Meal/ Cereal Scrambled Egg Toast	Pack lunch by prior arrangement (extra)	<i>(Juice, Teas &amp; Coffee served with meals)</i>

This is a sample menu only. Please confirm menu and dietary requirements before your camp.

Simonsberg Christian Centre can cater for vegetarians.

Please discuss any other special dietary needs with the office.