



# Outward Bound Australia Expedition Menu

Welcome to Outward Bound Australia! Here at Outward Bound, we focus on balanced meals with fresh ingredients. Our field groups receive regular food drops including fruit, vegetables, sources of carbohydrates, protein and fats, as well as dietary options. This helps keep our participants well fueled for their journey. We use Trangias (outdoor cooking stoves) for participants to prepare hot dinners. Meals are a community experience - from the carrying of ingredients, to meal preparation, to sitting around the fire and eating together. Groups can use the provided ingredients to their own tastes, and learn some culinary skills to take back home!

When completing the medical form, please disclose any dietary requirements (including allergies, intolerances and cultural dietary preferences) in the dietaries section. If you would like to speak to one of our staff about your/your child's dietaries before program, please indicate this when asked in the medical form.

Below is a summary of our in-field catering supplied to groups during their expedition. Participants carry, prepare and share all meals on program, with dietary requirements catered to as per the substitutions table (please see the Dietary Requirement substitutions on Page 3).

NOTE: This is our generic catering plan and your specific program may differ slightly. Please contact your Client Manager for the specific menu for your/your child's Program, or if they have specific dietary requirements not detailed below.

## **BREAKFAST:**

Milk Powder, Muesli OR Weetbix OR Just Right, Tinned Fruit, Flavoured OR Greek Yogurt.

## **SNACKS:**

Apples, Oranges, Bananas, Scroggin (a nut-free trail mix with banana chips, dates, coconut), Birdseed Mix (pepitas, sunflower seeds, dried apple), Vitawheats, Soy Crisps, Pretzels, Popcorn, Fruit Cake, Biscuits, Cheds.

## **LUNCHES:**

Bread OR Wraps, Baked Beans, Sliced Beetroot, Tinned Corn, Tuna in Springwater, Tomatoes, Hommus, Cheese, Roast Beef OR Ham OR Salami.

## **DINNERS:**

See extended summary below.

## **HOT CHOCOLATE:**

Coconut Milk Powder, Condensed Milk, Drinking Chocolate.

Groups are also provided with condiments such as honey/jam and vegemite, and a spice kit containing various spices the group can add to their meals.



### **DINNERS:**

Dinners for your/your child's Program will be selected by the Program Coordinator from the below list, with the ingredients distributed via food drops into the field for groups to collect.

#### **Veggie Stir Fry**

Rice Noodles, Firm Tofu, Capsicums, Carrots, Green Beans, Onions, Zucchini's, Sweet Chilli Sauce, Soy Sauce (Tamari), Spices to groups taste

#### **Vego Curry**

Rice, Tinned Lentils, Tinned Chickpeas, Golden Curry Blocks, Tinned Diced Tomato, Capsicums, Carrots, Onions, Zucchini's

#### **Carbonara Pasta**

Pasta, Bacon, Cream, Grated Cheese, Broccoli Heads, Green Beans, Mushrooms, Onions, Zucchini's

#### **Bacon Fried Rice**

Rice, Bacon, Tinned Black Beans, Tinned Tomatoes, Broccoli Heads, Capsicum, Carrots, Mushrooms, Onions, Zucchini's

#### **Pesto Chicken**

Pasta, Nut-Free Pesto, Chicken, Broccoli Heads, Green Beans, Mushrooms, Onions, Zucchini's

#### **Spaghetti Bolognese**

Minced Beef, Spaghetti, Grated Cheese, Diced Tomatoes, Tomato Paste, Garlic Bulb, Mushrooms, Onions

#### **Burritos**

Minced Beef, Tinned Beans, Wraps, Grated Cheese, Salsa, Sour Cream, Tinned Corn, Taco Seasoning, Tinned Tomatoes, Tomato Paste, Capsicums, Mushrooms, Onions, Tomatoes, Carrots

#### **Chicken Souvlaki**

Cooked Shredded Chicken, Wraps, Natural Yogurt, Lettuce, Mushrooms, Red Onions, Tomatoes

#### **Nachos**

Minced Beef, Tinned Beans, Grated Cheese, Sour Cream, Corn Chips, Salsas, Tinned Corn, Taco Seasoning, Tomato Paste, Tinned Tomatoes, Capsicums, Carrots, Mushrooms, Onions, Tomatoes

#### **Chicken Caesar Wraps**

Cooked Shredded Chicken, Shredded Ham, Wraps, Parmesan, Caesar dressing, Lettuce, Red Onions, Tomatoes

#### **Pizzas**

Pepperoni, Shredded Ham, Wraps, Shredded Cheese, Tomato Paste, Olives, Pineapple, Capsicums, Mushrooms, Red Onions

#### **Bush Cook**

Roast Meat (generally Lamb OR Beef), Gravy Powder, Cinnamon, Broccoli Heads, Carrots, Garlic Bulb, Onions, Potatoes, Pumpkin, Sweet Potatoes. Bush cook also includes Flour and Sugar to make damper.

\*Please check the below table of preferred brands and consult the Woolworths or Bidfoods websites for allergens and specific ingredient lists

Meal	Ingredient	Preferred Brand	V	V G N	G F	D F	L F	Alternative
Breakfast	Milk Powder	Woolworths Homebrand						So Good Soy Milk, Woolworths 'Free From' LF Milk
	Muesli	Woolworths Homebrand						Sanitarium GF Weetbix
	Just Right Cereal	Kelloggs Just Right						
	Weetbix	Sanitarium						Sanitarium GF Weetbix
	Tinned Fruit	Woolworths Homebrand						
	Flavoured Yogurt	Yoplait						Nil
	Greek Yogurt	Woolworths Homebrand						Nil
Snacks	Apples/Oranges/ Bananas	Woolworths Fresh Section						
	Scroggin	OBA Branded						Arnotts Vitawheats
	Birdseed Mix	OBA Branded						Arnotts Vitawheats
	Vitawheats	Arnotts						Sunrice Rice Cakes
	Biscuits	Arnotts: Cream Assorted or Family Favourites						Woolworths 'Free From' GF Biscuits OR Ricecakes
	Cheds	Arnotts						Woolworths 'Free From' GF Biscuits OR Ricecakes
	Saladas	Arnotts: Original or Wholemeal						Sunrice Corn Thins
	Soy Crisps	Woolworths Homebrand						Sunrice Corn Thins
	Pretzels	Woolworths Homebrand						Woolworths 'Free From' GF Biscuits
	Popcorn	Woolworths Homebrand						
	Fruit Cake	Woolworths Homebrand						Woolworths 'Free From' GF Biscuits, Popcorn

Meal	Ingredient	Preferred Brand	V	V G N	G F	D F	L F	Alternative
Lunch	Bread (White, Wholemeal or Multigrain)	Woolworths Homebrand						Woolworths 'Free From' GF Bread
	Wraps	Mission						Woolworths 'Free From' GF Bread
	Baked Beans	Woolworths Homebrand						
	Sliced Beetroot	Woolworths Homebrand						
	Tinned Corn	Woolworths Homebrand						
	Tuna in Springwater or Oil	Woolworths Homebrand						Yumi's Hommus
	Cheese	Hillview						
	Tomatoes	Woolworths Fresh Section						
	Ham	Bidfood Homebrand						Yumi's Hommus
	Roast Beef	Bidfood Homebrand						Yumi's Hommus
	Salami	Bidfood Homebrand						Yumi's Hommus
	Hommus	Yumi's						
	Garlic Aioli	Woolworths						
	Sriracha Mayo	Flying Goose						
Dinner	Rice Noodles	Wokka						
	Cous Cous	Bidfood Homebrand						Woolworths 'Free From' GF Pasta
	Pasta	Woolworths Homebrand						Woolworths' Free From' GF Pasta
	Rice	Woolworths Homebrand						
	Wraps	Mission						Mission Corn Wraps
	Tofu	Woolworths: Macro						

Meal	Ingredient	Preferred Brand	V	V G N	G F	D F	L F	Alternative
	Cooked Shredded Chicken	Bidfood Homebrand						Vegie Delights OR Unreal Co OR Wildly Good Vegie Burger
	Beef Mince	Woolworths Homebrand						Vegie Delights OR Unreal Co OR Wildly Good Vegie Burger
	Bacon	Bidfood Homebrand						Vegie Delights OR Unreal Co OR Wildly Good Vegie Sausage
	Black Beans	Woolworths Homebrand						
	Tinned Beans	Woolworths Homebrand						
	Roast Meat	Woolworths Homebrand						Vegie Delights OR Unreal Co OR Wildly Good Vegie Burger
	Dehydrated Chicken	Camper's Pantry						Vegie Delights OR Unreal Co OR Wildly Good Vegie Burger
	Pepperoni	Bidfood Homebrand						Vegie Delights OR Unreal Co OR Wildly Good Vegie Sausages
	Shredded Ham	Bidfood Homebrand						Vegie Delights OR Unreal Co OR Wildly Good Vegie Sausages
	Sausages	Woolworths Market Value						Vegie Delights OR Unreal Co OR Wildly Good Vegie Sausages
	Deb Potato	Continental						Woolworths Bread
	Tinned Chickpeas	Woolworths Homebrand						
	Tinned Lentils	Woolworths Homebrand						
	Cream	Woolworths Homebrand						Oatly Organic Oat Cream
	Sour Cream	Woolworths Homebrand						Nil
	Parmesan	Woolworths Homebrand						Nil

Meal	Ingredient	Preferred Brand	V	V G N	G F	D F	L F	Alternative
	Natural Yogurt	Woolworths Homebrand						Nil
	Shredded Cheese	Hillview						
	Tomato Paste	Leggos						
	Caesar Dressing	Praise						Flying Goose Sriracha Mayo, Woolworths Garlic Aioli
	Soy Sauce (Tamari)	Caterers Choice						
	Sweet Chilli Sauce	Caterers Choice						
	Taco Seasoning	Woolworths Homebrand						
	Mild Salsa	Woolworths Homebrand						
	Gravy Powder	Caterers Choice						Nil
	Cinnamon	Caterers Choice						
	Flour	Woolworths Homebrand						Woolworths 'Free From' GF Flour
	Sugar	Woolworths Homebrand						
	Spices	Caterers Choice						
	Pesto	Coles, Natures Kitchen						
	Golden Curry Blocks	S&B						Assorted condiments
	Carrots	Woolworths Fresh Section						
	Capsicum	Woolworths Fresh Section						
	Green Beans	Woolworths Fresh Section						
	Onions	Woolworths Fresh Section						
	Zucchini	Woolworths Fresh Section						
	Brocoli	Woolworths Fresh Section						

MEAL	INGREDIENT	PREFERRED BRAND	V	V G N	G F	D F	L F	ALTERNATIVE
	Pumpkin	Woolworths Fresh Section						
	Potato	Woolworths Fresh Section						
	Sweet Potato	Woolworths Fresh Section						
	Garlic	Woolworths Fresh Section						
	Diced Tomatoes	Woolworths Homebrand						
	Tinned Corn	Woolworths Homebrand						
	Tinned Pineapple	Woolworths Homebrand						
	Olives	Woolworths Homebrand						
Hot Chocolate	Coconut Milk Powder	Ayam						
	Condensed Milk	Woolworths Homebrand						So Good Soy Milk, Woolworths 'Free From' LF Milk
	Drinking Chocolate	Cadbury						Pana Organic Hot Chocolate
Extras	Tim Tams	Arnotts						Woolworths 'Free From' GF Biscuits OR Ricecakes
	Vegemite	Vegemite						Jam, Honey
	Honey	Woolworths Homebrand						Jam, Vegemite
	Jam	Yarra Valley						
	Spices	Caterers Choice						



## Frequently Asked Questions

- Can I bring my own food on Program?

Food on your Outward Bound Program is a communal experience - from carrying, to cooking to enjoying around the fire together. We do not allow participants to bring their own food on program unless they have exceptional dietary requirements. We encourage you to contact your Client Manager and discuss further if you foresee the participant requiring their own additional food.

- I/My Child is anaphylactic to nuts, how is this managed?

Outward Bound Australia is a Nut-Aware organisation. This means our catering does not include any nuts, nor are they handled within our facilities which limits risk of contact. Additionally, our Group Leaders are fully trained and regularly recertified in Anaphylaxis response should a reaction occur.

- I/My Child have/has specific dietary requirements not listed above (including multiple dietary needs), what should I do?

There are additional dietary requirements we can cater to that are not listed above - please list all dietary requirements in your medical form. Review the above ingredients listed, flagging any that will require substitution, and contact your Client Manager to discuss your/your child's specific needs. It is important we are informed of complex dietary needs at least 6 weeks before program to ensure we can arrange substitutions. Additionally, if the substitutions listed do not meet your additional dietary needs, please be in touch with your Client Manager for alternatives.

- I/My Child have/has a limited food choice, will you cater for this?

Outward Bound Programs are active in nature, and it is important participants are consuming enough to maintain their wellness and energy levels. If you/your child have limited food choice, detail this in the medical form, including specific foods that can or cannot be eaten. Contact your Client Manager, who will be able to explain options based around your specific needs. It is important we are informed of limited food choice/tolerance at least 6 weeks before program to ensure we can arrange substitutions.

- How do you ensure vegans/vegetarians have an adequate protein intake whilst on program?

Our vegan/vegetarian substitutions are selected with adequate protein content for the active nature of program. Soy milk, veggie patties and vegetarian sausages provide protein, in addition to the beans (including black beans, 4 bean mix and chickpeas) included in the mainstream catering.

- What kind of fresh food is eaten on an Outward Bound Program?

Fresh fruit and vegetables are included in each days catering at Outward Bound Australia. We provide apples and oranges, as well as a variety of vegetables including tomatoes, capsicum, carrots, green beans, onions, zucchini, broccoli, potato, pumpkin, sweet potato and garlic - all selected for their ease of cooking, nutrients and durability for carrying.

- Why aren't foods like eggs, avocado and bananas included in the catering?

Soft/fragile foods with low durability for carrying are excluded from our catering as they are easily crushed and have highly variable quality/ripeness. We opt for ingredients cook down to become soft, however are durable for carrying etc.

- How is food cooked whilst on an Outward Bound Program?

Food on an Outward Bound Program is prepared by the participants. For breakfasts and lunches, this involves setting out and preparing any ingredients before the group move through one-at-a-time to serve themselves. Everyone in the group must have firsts before seconds are available. At dinner time, meals are prepared and cooked by participants on Trangias (outdoor cooking stoves with metho burners) under the strict supervision of Group Leaders. This ensures safety around the Trangias, and that food is appropriately cooked for the group.

- What cooking skills are required to attend an Outward Bound Program?

No cooking skills are required to attend an Outward Bound Program - your Group Leader can assist with technical cooking skills and will have your learning some new culinary skills in no time!





## Frequently Asked Questions

- What is a food drop?

A food drop is a series of eskies and tubs of food prepared and dropped to groups in the field throughout program by Outward Bound Back-Up Staff. These typically occur daily during program to ensure perishable goods are kept fresh and cold, and that the group is not carrying several days worth of food at a time. Food drops are delivered to specific locations and timed as per the movements of the group they are for.

- How do you refrigerate food whilst camping? Is there a camp kitchen in the field?

Food drops allow perishable goods to be kept cold and dropped strategically to the group whilst they are in the field. Foods requiring refrigeration are dropped to a group's campsite on the day of consumption in an esky with ice bricks to ensure they remain cold until the group consumes them.

There is no formal 'camp kitchen' in the field, however every group carries a green tarp (approximately the size of a bath sheet) that is used as the space on which to hygienically prepare food. They are also supplied with tubs in which to wash their hands before touching food (using strong sanitizer) and wash their dishes (using dish-soap). Before commencing any food prep or cooking on the Trangia stoves, participants are briefed by their Outward Bound group leader on hygienic food preparation and camp-stove safety.

- What happens if I/My Child doesn't like what is cooked?

When in the field, being well-fueled is important. The days involve a high level of physical activity that must be supported by adequate nutrition. Where the participant does not like what is cooked, they will be supported to try it - often times individual ingredients a participant dislikes cook down and can't be tasted.

If this does not help, the Group Leader will also encourage the participant to pick out the ingredients they don't like (eg mushrooms from spaghetti bolognese), or to make their sandwich/wrap of ingredients they DO enjoy (eg cheese and ham). The Group Leader may assess that one of our dietary substitutions would help the participant be fueled and request it from Back-Up.

If the participant has an ongoing inability to stomach meals on Program and it is noticed that they are consistently under-eating for their activity output after the above have been actioned, discussion of removal from the field may be necessary for their wellbeing.

If you foresee this being an issue for yourself or your child, please contact your Client Manager.

- Will there be enough food for Me/My Child?

Here at Outward Bound Australia we understand that participants need to be well-fueled for the physical nature of programs. Our group size is limited to 18 and catered accordingly. We cater meals and snacks, ensuring participants macronutrient intake can support their activity levels and that their intake is regular throughout the day. Whilst the catering may not be what participants are used to, it is thoughtfully planned for the outdoor context.