

# EXPEDITION MENU

Our expedition menu focuses on balanced meals with fresh ingredients. Our field groups receive regular food drops with fruit, vegetables, sources of carbohydrates, protein and fats, as well as dietary alternatives. We use trangias (outdoor cooking stoves) and woks 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. 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).

## Completing Medical Forms

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 an example summary of our in-field catering supplied to groups during their expedition.***



### **BREAKFAST:**

Milk Powder, Muesli OR Weetbix,  
Tinned Fruit, Flavoured Yogurt

### **LUNCHES:**

Bread OR Wraps, Baked Beans, Sliced Beetroot, Tinned Corn, Tuna in Springwater, Tomatoes, Cucumber, Cheese, Tinned Chickpeas, Devon OR Ham OR Salami.

### **DINNERS:**

See extended summary below

### **SNACKS:**

Apples, Oranges, 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

### **HOT CHOCOLATE:**

Coconut Milk Powder, Condensed Milk, Drinking Chocolate

### **CONDIMENTS:**

Such as honey/jam and vegemite, and a spice kit containing various spices the group can add to their meals.

# EXPEDITION DINNER MENU



## **Vegie Stir Fry**

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

## **Bacon Fried Rice**

Rice, Bacon, Tinned Black Beans, Tinned Tomatoes, Brocoli Heads, Capsicum, Mushrooms, Onions, Zucchinis

## **Spaghetti Bolognese**

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

## **Nachos**

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

## **Pizzas**

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

## **Chicken Caesar Wraps**

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

## **Morrocan Cous Cous**

Cous Cous, Tinned Chickpeas, Falafel Mix, Morrocan Seasoning, Tinned Diced Tomato, Capsicums, Carrots, Onions, Zucchinis

## **Carbonara Pasta**

Pasta, Bacon, Cream, Brocoli Heads, Green Beans, Mushrooms, Onions, Zucchinis

## **Burritos**

Minced Beef, Tinned Beans, Wraps, Grated Cheese, Tinned Corn, Taco Seasoning, Tomato Paste, Capsicums, Lettuce, Mushrooms, Onions, Tomatoes

## **Chicken Souvlaki**

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

## **Bush Cook**

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

# Frequently Asked Questions

## Can I bring my own food on program?

Food on 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. Please contact your Client Manager if the participant may require their own additional food.

## How is anaphylaxis to nuts managed on program?

Outward Bound Australia is a Nut-Aware organisation. This means our catering does not include any obvious nuts, however we may have ingredients that contain traces of nuts. Our Group Leaders are fully trained and regularly recertified in ASCIA Anaphylaxis response should a reaction occur.

## My child has specific dietary requirements - what should I do?

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.

## My Child is a picky eater- 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.

## How do you ensure vegans/vegetarians have adequate protein?

Our vegan/vegetarian substitutions are selected with adequate protein content for the active nature of program. Soy milk, vegie 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 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.

## How is food cooked on program?

For breakfast and lunch, participants prepare the food and serve themselves one-at-a-time. Everyone 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) and woks under the supervision of Group Leaders.