



Camp Zenith Campsite - [info@campzenith.co.za](mailto:info@campzenith.co.za) - 074 626 5552

## Standard Menu Plan

The Standard Menu plan includes a tea and coffee station and water all day

Group Name: \_\_\_\_\_

Camp Dates: \_\_\_\_\_

Contact Person: \_\_\_\_\_

Contact Number: \_\_\_\_\_

**Dietary Requirements** Please advise how many of each of the below are in your group (If Applicable).

| Dietary Requirements<br>(Please specify)   | Numbers |
|--|---------|
| Vegetarian                                 |         |
| Gluten allergies<br>(Extra R15pp per meal) |         |

| Dietary Requirements<br>(Please specify) | Numbers |
|--|---------|
| Halal                                    |         |
| Other                                    |         |

Please select your meal choices by placing a number in the boxes below. Place a number 1 next to your first breakfast/lunch/dinner and a number 2 next to your second breakfast/lunch/dinner and so on. Once completed, please fax it through to 086 502 1262 or email it to [info@campzenith.co.za](mailto:info@campzenith.co.za). Please ensure we receive the menu 7 days prior to the start of your camp, if not, we will finalise the menu ourselves. We reserve the right to change the menu depending on seasons and if the supplier/s have stock of the selected items needed to prepare your selections. If this is the case, we will contact the contact person named on this form regarding these changes.

## Breakfast Menu - "Build Your Own Breakfast"

Breakfast is served with toast and spreads. Please choose 1 option from each category per breakfast

Number of campers participating in this meal:

| Egg Choices                   |                      |
|-------------------------------|----------------------|
| Scrambled Eggs                | <input type="text"/> |
| Fried Eggs                    | <input type="text"/> |
| Boiled Eggs                   | <input type="text"/> |
| Flapjacks                     | <input type="text"/> |
| French Toast (replaces toast) | <input type="text"/> |

| Meat Choices    |                      |
|-----------------|----------------------|
| Bacon           | <input type="text"/> |
| Beef Sausage    | <input type="text"/> |
| Pork Bangers    | <input type="text"/> |
| Steak Strips    | <input type="text"/> |
| Cheese Grillers | <input type="text"/> |
| Breakfast Mince | <input type="text"/> |

| Vegetable Choices          |                      |
|----------------------------|----------------------|
| Spinach                    | <input type="text"/> |
| Baked Beans                | <input type="text"/> |
| Tomato & Onion Gravy       | <input type="text"/> |
| Garlic & Parsely Mushrooms | <input type="text"/> |
| Grilled Tomatoes           | <input type="text"/> |

| Cereal / Porridge Choices   |                      |
|-----------------------------|----------------------|
| Oats                        | <input type="text"/> |
| Mielie meal                 | <input type="text"/> |
| Maltabela                   | <input type="text"/> |
| Corn Flakes & Rice Krispies | <input type="text"/> |

### Extras

| Other Choices  |                      |
|--|----------------------|
| You can select from the category below, and pay extra per person per selection |                      |
| Muesli (R8)  | <input type="text"/> |
| Yoghurt (R8)   | <input type="text"/> |
| Cheese (R8)  | <input type="text"/> |
| Fried Bananas (R11)  | <input type="text"/> |

|  |                      |
|--|----------------------|
| You can select from the category below, and pay extra per person per selection |                      |
| Muffins (R18)  | <input type="text"/> |
| Seasonal Fruit (R18)   | <input type="text"/> |
| Scones (R18)   | <input type="text"/> |
| Fruit Salad (R18)  | <input type="text"/> |

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## Lunch Menu

Lunch is served with juice. Please choose 1 option from each category per lunch

Number of campers participating in this meal:

|  |   |                      |
|--|---|----------------------|
| <b>Combo 1</b>                             |   |                      |
| <b>Toad in the Hole</b>                    | Pork meat balls in a delicious savoury sauce on rice served with a tasty apple salad    | <input type="text"/> |
| <b>Combo 2</b>                             |   |                      |
| <b>Chicken &amp; Pea Pasta</b>             | Pasta served with chunks of soft chicken & assortment of peas in a creamy sauce + salad | <input type="text"/> |
| <b>Combo 3</b>                             |   |                      |
| <b>Teriyaki Beef with Stir Fry Veggies</b> | Served on a bed of rice   | <input type="text"/> |
| <b>Combo 4</b>                             |   |                      |
| <b>Pork Chop (250g)</b>                    | Served with a potato/macaroni salad + green salad                                       | <input type="text"/> |
| <b>Combo 5</b>                             |   |                      |
| <b>Beef, Broccoli and Pumpkin Stir Fry</b> | Served on a bed of noodles  | <input type="text"/> |

Lunch Menu (continued...)

|                                   |   |  |
|-----------------------------------|---|--|
| Combo 6                           |   |  |
| Grilled Chicken                   | Served with savoury rice + salad / veggies  |  |
| Combo 7                           |   |  |
| Hamburgers                        | 100g patties served in assorted sauces, served with salad & fries                             |  |
| Combo 8                           |   |  |
| Build Your Own Wors Roll          | Served with a selection of toppings and sauces + cabbage & carrot salad                       |  |
| Combo 9                           |   |  |
| Saucy Spaghetti Bolognaise        | Served with a green salad   |  |
| Combo 10                          |   |  |
| Assorted Pies                     | Served with crispy potato wedges and a carrot and pine salad                                  |  |
| Combo 11                          |   |  |
| Chicken Salad Panaji              | Served with garden salad/potato wedges  |  |
| Combo 12                          |   |  |
| Shwarma Bar                       | Choose between chicken or beef, served with an assortment of shwarma fillings including salad |  |
| Combo 13                          |   |  |
| Lemon & Parsley Chicken Shnitzels | Served with a buttery, herby mash and a fresh garden salad/veggies                            |  |
| Combo 14                          |   |  |
| Chicken A'La King                 | Served on a bed of rice alongside a crunchy green salad                                       |  |

### Extras

#### Other Choices

You can select from the category below and pay extra per person per selection,

|                          |  |
|--------------------------|--|
| Bread & Spreads (R10)    |  |
| Crisps & Ice Lolly (R10) |  |

You can select from the below category and pay extra per person per selection

|                      |  |
|----------------------|--|
| Extra Salad (R18)    |  |
| Sweet Ending (R18)   |  |
| Seasonal Fruit (R18) |  |

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## Dinner Menu

Dinner is served with a juice. Please choose 1 option from each category per dinner

Number of campers participating in this meal:

For Dinner you can choose 1 of the following "Mains" options per dinner and 1 of the following "Desserts" options per dinner

## Main Menu

|                     |  |  |
|---------------------|--|--|
| Combo 1             |  |  |
| Beef Lasagna        | Served with a side portion of beetroot salad + savoury bun               |  |
| Combo 2             |  |  |
| Beef Steak (200g)   | Served with pap, tomato and onion gravy and creamed spinach              |  |
| Combo 3             |  |  |
| Roast Chicken       | Served with rosemary & garlic squashed potatoes and a fresh garden salad |  |
| Combo 4             |  |  |
| Potjie              | Chicken or beef potjie with veg and potatoes on a bed of rice            |  |
| Combo 5             |  |  |
| Traditional Bobotie | Served with a tasty apple salad and a savoury bun                        |  |

## Main Menu (Continued...)

|         |  |  |
|---------|--|--|
| Combo 6 |  |  |
|---------|--|--|

|  |   |  |
|--|---|--|
| <b>Chicken, Cauliflower and Bean Curry</b> | Served on a bed of rice with pumpkin, coconut and chutney             |  |
| Combo 7                                    |   |  |
| <b>Creamy Chicken Curry</b>                | Served with rice, a sambals salad, coconut and chutney                |  |
| Combo 8                                    |   |  |
| <b>Butter Chicken</b>                      | Served on a bed of rice with sweet carrots/ovenbaked veggies          |  |
| Combo 9                                    |   |  |
| <b>Pork Medallions &amp; Apple Sauce</b>   | Served with green beans, carrot pine salad                            |  |
| Combo 10                                   |   |  |
| <b>Grilled Fish</b>                        | Served with fries and salad/vegetables                                |  |
| Combo 11                                   |   |  |
| <b>Goulash</b>                             | Served on a bed of rice   |  |
| Combo 12                                   |   |  |
| <b>3 Piece Braai (Extra R40pp)</b>         | Served with pap, tomato and onion gravy and creamed spinach and salad |  |

| <b>Desserts</b>  |  |                         |  |
|--|--|-------------------------|--|
| Malva Pudding  |  | Jelly & Custard         |  |
| Ice-Cream & Chocolate Sauce  |  | Ice-Cream & Fruit Salad |  |
| Mango Delight (Seasonal)   |  | Caramel Fridge Tart     |  |
| Biscuit Fridge Slice   |  | Warm Chocolate Pudding  |  |
| Applepie & Cream/Ice Cream (seasonal)  |  |                         |  |
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