

# FOOD IS FUN ON A CCHF ACTIVITY CAMP



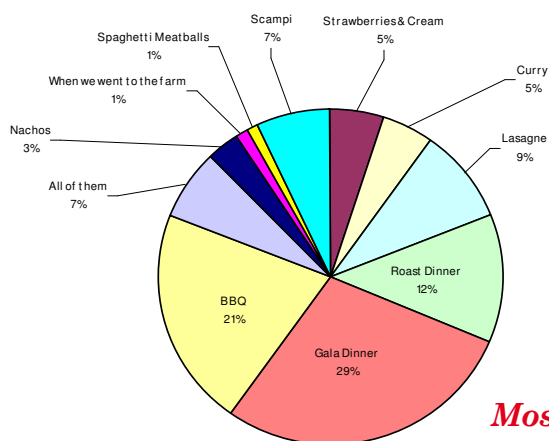
On a CCHF camp we will introduce the children to a range of different experiences. As part of this we want them to see that healthy food can be tasty, everyday food that they could eat at home. We would like them to try foods they may not have had before. On one day during their visit they will visit a local farm to see where the food comes from. We have tried to make food more fun. For example, we have introduced a smoothie bar and salad bar which the children can help themselves to, so they have some choice about their food.

Of course, the children want to have some treats, so we do offer home made cakes and cookies as part of a balanced diet.

The packed lunches include plenty of fruit, home made foods and vegetable sticks instead of high salt crisps.

The children will visit a local farm that will supply us with fantastic, tasty, good-looking food! They will see cows being milked and collect eggs from hens so they can see that the milk doesn't just appear in cartons and the eggs don't come from a box!

We also offer the children a three course evening banquet on the last night where they can choose from a range of dishes for each course, can get dressed up if they wish and really enjoy the fun of eating together.



**Most popular meals of 2007**

As a result of changing the food and drinks we offer children, we have noticed a significant improvement in the children's behaviour, particularly hyper active children or is it that they are just having so much fun?

If children or parents are concerned about the food we can offer or if children have special dietary needs we are happy to discuss this prior to the child coming to visit us. Generally we can accommodate vegetarian,

halal or diets excluding particular things like nuts, chocolate, dairy or other foods likely to cause allergies. As we may need to purchase specific food for children with special dietary needs we need to know in advance .

# *Gala Dinner*

On the last night before returning home from a holiday children will have a Gala Dinner. This is a chance to choose what they want to eat, get dressed up and have lots of fun!

*Below is a sample menu (menus may vary).*

## STARTERS

NACHOS WITH SALSA & MELTED CHEESE

*or*

POTATO SKINS WITH SOUR CREAM & CHIVE DIP

*or*

CRISPY GARLIC MUSHROOMS

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## MAIN COURSE

CHICKEN OR VEGGI CURRY WITH RICE & POPPADOM

*or*

PASTA BOLOGNAISE / VEGGIE BOLOGNAISE

*or*

SCAMPI CHIPS & PEAS

*or*

BEAN & LENTIL BURGERS CHIPS & PEAS

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## DESSERT

FRUITY MERINGUE

*or*

CHOCOLATE TRIFLE

*or*

STRAWBERRIES