

# Very Vegetarian

5 day camp

|               | Monday   | Tuesday                                | Wednesday                               | Thursday                                       | Friday   |  |
|---------------|--|--|---|--|--|--|
| 9:30 - 9:45   | Briefing - Programme, safety & hygiene           |  |   |  |  |  |
| 9:45 - 10:00  | Activate energiser                               |  |   |  |  |  |
| 10:00 - 10:45 | Chocolate chip cookies                           | Vegetarian sausage roll                | Banana crepes                           | Burger bun prep                                | Summer mocktail: "Mimosa"  |  |
| 10:45 - 11:00 | Tidy up and morning break                        |  |   |  |  |  |
| 11:00 - 11:45 | Meatless ragù (Bolognese)                        | Hummingbird cake                       | Vegetable lasagne                       | Baked mac & cheese                             | Menu and restaurant decorating, waiter briefing  |  |
| 11:45 - 12:30 | Homemade gnocchi                                 | Singapore fried rice                   |   | Burger buns                                    | Food preparation for lunch   |  |
| 12:30 - 13:00 | Tidy up and lunch break                          |  |   |  |  |  |
| 13:00 - 13:45 | Spinach and ricotta triangles with homemade dips | Chocolate cupcakes, chocolate frosting | Japanese strawberry shortcake           | Meatless burgers with Cajun sweet potato fries | Open house/lunch for parents/guardians<br><br>All are free to leave after lunch has concluded. |  |
| 13:45 - 14:30 |  |  |   |  |  |  |
| 14:30 - 14:45 | Afternoon break and tidy up                      |  |   |  |  |  |
| 14:45 - 15:30 | Mushroom risotto                                 | Meatless "steak" pie                   | Apple crumble                           | Briefing - Kitchen and restaurant workflow     |  |  |
| 15:30 - 16:15 |  |  | Vegetarian sushi rolls (Egg + Cucumber) | Menu writing/ decorating                       |  |  |
| 16:15 - 16:30 | Pack away, wrap up, and sign out                 |  |   |  |  |  |

This sample timetable is an example only, and is subject to change due to ingredient or facility availability before the camp date. Our recipes do not include any nuts, seeds or alcohol, but may include ingredients produced in facilities with "traces of" these ingredients.