

MENU PLANNING

Refrigeration has changed the camping menu for the better: there's no good reason why food normally served at home can't be enjoyed while travelling outback and, with careful planning, you can even enjoy a cold beer or glass of wine at the end of the day.

However, before you start filling your food containers and camp fridge, you need to be aware of what you can take in your vehicle across State borders and into special exclusion zones.

Quarantine Laws

Each State and Territory has strict quarantine laws in place to protect Australia's agricultural industries from pests and diseases found in fruit and vegetables, honey and plant material, so if you're planning to travel interstate, into or through fruit fly exclusion zones, take a look at the Quarantine Domestic website www.quarantinedomestic.gov.au/index.php

Lists available on the site spell out what you can and can't take into each State, Territory and exclusion zone. Print off the lists that apply to your travel route and stow them in a handy location ready to refer to when you need to re-stock your food supplies on the run.

The lists will help to avoid the purchase of banned items which you'll have to surrender (or eat) as you approach borders, checking stations or exclusion zones.

For further information call 1800 084 881 during business hours.

Penalties apply for those caught disobeying the rules!

Pre-Planning - Trip Menu

If you're anxious to get on the road because you only have a month off work, many kilometres to travel and a long list of things to see and do, pre-planning the menu is an essential part of the trip.

Knowing what you'll be eating at meal times while on your trip and having it packed in some order will allow you to spend your valuable holiday time sight-seeing instead of shopping in unfamiliar surroundings.

Where to Begin

Start planning a week or two before departure, working out how many breakfasts, lunches and dinners you'll be catering for. Don't forget to allow for 'cooks time off' with a meal or two at a restaurant or cafe when 'in town'.

'Meal Planner' (Print a blank PDF - see the CAMPING page on this website).

Complete the Planner with your preferred meals, transferring each meal's ingredients to a shopping list (buy *resealable* plastic bags in varying sizes).

If you're planning a month-long trip, you don't have to buy all the food before you leave, as you should be able to restock along the way.

- Unpack your shopping, grouping non-perishable items into meal lots as listed on your 'Meal Planner.' (Perishables must be refrigerated)
- Take out a resealable plastic bag and write the name of your Day 1 meal on it.
- Place the non-perishable ingredients for that meal inside and seal the bag.
- Place the bag of ingredients in one of your food storage boxes / containers.
- Repeat this process until all meals are in their packages. Meal time is a simple matter of gathering the cooking equipment, a main meal bag and the meat or fish pack from the fridge.

Example:
Main meal pack
and vacuum
packing meat
portion



Menu Suggestion

DAY #	BREAKFAST	LUNCH	DINNER
Day 1	<i>Breakfast at home prior to departure</i>	Ham, cheese and mustard or pickle sandwich, fruit juice	Fish, jacket potato, sour cream and salad
Day 2	Yoghurt, fruit, coffee or tea, milk, sugar	Smoked chicken and salad sprouts wrap, fruit juice	Thai green curry chicken and jasmine rice.
Day 3	Cereal of choice, milk, sugar/honey, coffee or tea	Tinned tuna, potato salad, boiled egg, fruit juice	Pork steaks, gravy, garlic mashed potato and peas
Day 4	Muffins, baked beans, butter, coffee, milk, sugar	Salami, cheese, semi-dried tomatoes, biscuits, fruit juice	Chicken, fried potato and coleslaw
Day 5	Sardines on toast, tea or coffee, milk and sugar	Cup of soup, bread roll, fruit juice	Camp oven roast, potatoes, pumpkin, corn, beans, gravy
Day 6	Muesli with yoghurt, tea or coffee, milk, sugar	Roast meat (leftover), pickles wrap, fruit juice	Pan fried steak, mashed potato, beans
Day 7	Bacon, eggs, toast, butter, tea or coffee, milk, sugar	Egg, lettuce on Lebanese bread, fruit juice	Lamb fillets, beans and cous-cous
Day 8	Crumpets, golden syrup, tea or coffee, milk, sugar	Smoked salmon, cream cheese, capers on bread roll or biscuits, fruit juice	Spaghetti bolognaise, fried garlic bread
Day 9	Cereal of choice, fruit, tea or coffee, milk, sugar	BBQ chicken, pasta salad, fruit juice	Braised steak and vegetables, dumplings
Day 10	Boiled eggs and toast, butter, tea or coffee, milk, sugar	Corned beef, sliced cheese, gherkins or pickled cucumber on biscuits, fruit juice	Make this an easy meal like a sausage and onion sizzle, toasted sandwich or perhaps a cafe meal