



Lunch Program

Session One & Three Menu

ALL MEALS INCLUDE A VEGETABLE, FRESH FRUIT, A DESSERT AND DRINK (WATER OR JUICE).

We are excited to have Food for Tots catering our lunch program again this year. They are a nut, shellfish and pork free facility and are able to accommodate almost all allergy and dietary restrictions.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week One	SESSION THREE ONLY Organic Tofu Pad Thai, Vegetable Medley (Broccoli, Cauliflower, Carrots), Fresh Fruit	Chicken & Wild Rice Soup, Dinner Roll, Baby Carrots, Fresh Fruit	Lasagna with Garden Salad, Italian Dressing, Fresh Fruit	Beef Chili, Baguette, Green Beans, Fresh Fruit	Chicken on Whole Wheat Wrap served with Lettuce, Cheese, Orange & Grape Tomatoes, Oatmeal Cookie
Week Two	SESSION ONE ONLY Pineapple Chicken Drumstick, Whole Grain Pasta, Mixed Vegetables (Peas, Carrots, Beans & Corn), Fresh Fruit	Lean Beef Burger, Whole Grain Bun, Diced Carrots, Fresh Fruit	Hot Dog OR Breaded Alaskan Pollock Sticks, Brown Rice, Peas & Corn, Fresh Fruit	Quinoa & Chickpea Soup, Artisan Roll, Garden Salad, Balsamic Dressing, Fresh Fruit	Thai Chicken & Vegetable Curry, Whole Grain Noodles, Fresh Fruit

SNACK TIME! Have a hungry camper? Add an afternoon snack! Campers will enjoy delicious snacks such as Apple Cinnamon Flatbread, Banana Oatmeal Bar, Organic Cranberry Muffins, Cheese & Crackers, Gingersnaps and more!
Only \$9 per session!

Camper Name: _____

Session: 1 3

Dietary Restrictions/Allergies: _____

Cost: _____ Lunch = \$58.50 per 9-day session (incl. HST)
 _____ Afternoon Snack = \$9.00 per 9-day session (incl. HST)

Lunch orders are due ONE WEEK prior to start of your session.

