



Lunch Program

Session Two & Four 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	Bean Burrito with Whole Grain Wrap and Cheddar Cheese, Sunshine Vegetables (Yellow & Orange Carrots, Green Beans), Fresh Fruit	Lean Beef Burger, Whole Grain Bun, Diced Carrots, Fresh Fruit	Turkey Pot Pie, Mixed Vegetables (Green Beans, Zucchini, Cauliflower, Carrots), Fresh Fruit	Beef Pasta, Root Vegetables (Carrots & Potato), Fresh Fruit	Chicken on Whole Wheat Sub Bun served with Lettuce, Cheese, Plum & Grape Tomatoes, Arrowroot Cookies
Week Two	Classic Macaroni & Cheese, Tri-Colour Chick Pea Salad, Green Beans, Fresh Fruit	Breaded Chicken Pieces (All White Meat), Brown Rice, Cauliflower & Carrots, Fresh Fruit	___Beef OR ___Fish Tacos (Whole Grain Wrap, Tartar Sauce), Garden Salad, Raspberry Vinaigrette, Fresh Fruit	Tomato & White Bean Soup, Artisan Roll, Baby Carrots, Fresh Fruit	Turkey sandwich on Whole Wheat Bread served with Lettuce, Cheese, Pear & Carrots, Organic Ginger Snaps

SNACK TIME! Have a hungry camper? Add an afternoon snack! Campers will enjoy delicious snacks such as Lemon Cranberry Loaf, Rice Cake + Apple Butter, Pineapple Banana Oatmeal Bar, Zucchini Carrot Loaf, Crackers and more! Only \$10 per session!

Camper Name: _____

Session: 2 4

Dietary Restrictions/Allergies: _____

Cost: ___ Lunch = \$65.00 per 10-day session (incl. HST)
 ___ Afternoon Snack = \$10.00 per session (incl. HST)

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

