

SUMMER



LUNCH &

CAMP

SNACK MENU

2024 (July 8 - 12)

Monday	Lunch: Chicken Mac & Cheese, Spring Mix Salad Snack: Fresh Fruit
Tuesday	Lunch: Extra Lean Beef Meatballs, Whole Wheat Bun, Vegetable Medley Snack: Fresh Fruit
Wednesday	Lunch: Baked Fish Wedge, Barley Vegetable Risotto Snack: Fresh Fruit
Thursday	Lunch: Cheese & Spinach Stuffed Medallions with Roasted Red Pepper Lentil Cream Sauce Snack: Fresh Fruit
Friday	Lunch: Vegetable Chickpea Chana Masala, Brown Rice Snack: Fresh Fruit

IMPORTANT: Please let staff know of any dietary restrictions

- Menu approved by a Registered Dietitian
- Vegetables Offered Daily
- Fresh Fruit may vary depending on season



SUMMER



LUNCH &

CAMP

SNACK MENU

2024 (July 15 - 19)

Monday	Lunch: Sizzling Egg & Veggie Chow Mein Stirfry Snack: Fresh Fruit
Tuesday	Lunch: Rustic Summer Turkey Chili, Whole Wheat Home-Style Bread Snack: Fresh Fruit
Wednesday	Lunch: Chicken Meatballs with Tomato Sauce Vegetable Rotini, Spring Mix Salad Snack: Fresh Fruit
Thursday	Lunch: Baked Fish Cakes, Whole Wheat Pita, Broccoli & Cauliflower Snack: Fresh Fruit
Friday	Lunch: Beany Vegetable Italiano, Brown Rice Snack: Fresh Fruit

IMPORTANT: Please let staff know of any dietary restrictions

- Menu approved by a Registered Dietitian
- Vegetables Offered Daily
- Fresh Fruit may vary depending on season



SUMMER



LUNCH &

CAMP

SNACK MENU

2024 (July 22 - 26)

Monday	Lunch: Extra Lean Beef Meatballs with Tomato Sauce, Vegetable Couscous Snack: Fresh Fruit
Tuesday	Lunch: Egg Patty, Whole Wheat Bun, PEI Mixed Vegetables Snack: Fresh Fruit
Wednesday	Lunch: Tri-Colour Cheese Tortellini with Rose Bean Sauce, Spring Mix Salad Snack: Fresh Fruit
Thursday	Lunch: Zesty Lemon Chicken Medley, Brown Rice Snack: Fresh Fruit
Friday	Lunch: Veggie Taco, Whole Wheat Tortilla, Green Salad w/ Purple Cabbage Snack: Fresh Fruit

IMPORTANT: Please let staff know of any dietary restrictions

- Menu approved by a Registered Dietitian
- Vegetables Offered Daily
- Fresh Fruit may vary depending on season



SUMMER



LUNCH &

CAMP

SNACK MENU

2024 (July 29 - August 2)

Monday	Lunch: Brazilian Chicken & Okra Veg Stew, Brown Rice Snack: Fresh Fruit
Tuesday	Lunch: Spinach & Broccoli Pesto Pasta, Mediterranean Salad Snack: Fresh Fruit
Wednesday	Lunch: Baked Extra Lean Beef Burger, Whole Wheat Home-Style Bun, Peas and Carrots Snack: Fresh Fruit
Thursday	Lunch: Mango Tango Tuna & Veggie Pasta Snack: Fresh Fruit
Friday	FUN FRIDAY: Veggie Chili Mac Snack: Fresh Fruit

IMPORTANT: Please let staff know of any dietary restrictions

- Menu approved by a Registered Dietitian
- Vegetables Offered Daily
- Fresh Fruit may vary depending on season



SUMMER



LUNCH &

CAMP

SNACK MENU

2024 (August 6 - 9)

Monday	Civic Holiday; No Camp
Tuesday	Lunch: Extra Lean Beef Meatballs, Whole Wheat Bun, Vegetable Medley Snack: Fresh Fruit
Wednesday	Lunch: Baked Fish Wedge, Barley Vegetable Risotto Snack: Fresh Fruit
Thursday	Lunch: Cheese & Spinach Stuffed Medallions with Roasted Red Pepper Lentil Cream Sauce Snack: Fresh Fruit
Friday	Lunch: Vegetable Chickpea Chana Masala, Brown Rice Snack: Fresh Fruit

IMPORTANT: Please let staff know of any dietary restrictions

- Menu approved by a Registered Dietitian
- Vegetables Offered Daily
- Fresh Fruit may vary depending on season



SUMMER



LUNCH &

CAMP

SNACK MENU

2024 (August 12 - 16)

Monday	Lunch: Sizzling Egg & Veggie Chow Mein Stirfry Snack: Fresh Fruit
Tuesday	Lunch: Rustic Summer Turkey Chili, Whole Wheat Home-Style Bread Snack: Fresh Fruit
Wednesday	Lunch: Chicken Meatballs with Tomato Sauce Vegetable Rotini, Spring Mix Salad Snack: Fresh Fruit
Thursday	Lunch: Baked Fish Cakes, Whole Wheat Pita, Broccoli & Cauliflower Snack: Fresh Fruit
Friday	Lunch: Beany Vegetable Italiano, Brown Rice Snack: Fresh Fruit

IMPORTANT: Please let staff know of any dietary restrictions

- Menu approved by a Registered Dietitian
- Vegetables Offered Daily
- Fresh Fruit may vary depending on season



SUMMER VEGETARIAN LUNCH CAMP & SNACK MENU

2024 (July 8 - 12)

<p>Monday</p>	<p>Lunch: Sweet Potato White Bean Mac & Cheese, Spring Mix Salad Snack: Fresh Fruit</p>
<p>Tuesday</p>	<p>Lunch: Falafel Balls, Whole Wheat Bun, Vegetable Medley Snack: Fresh Fruit</p>
<p>Wednesday</p>	<p>Lunch: Baked Veggie Tenders, Barley Vegetable Risotto Snack: Fresh Fruit</p>
<p>Thursday</p>	<p>Lunch: Cheese & Spinach Stuffed Medallions with Roasted Red Pepper Lentil Cream Sauce Snack: Fresh Fruit</p>
<p>Friday</p>	<p>Lunch: Vegetable Chickpea Chana Masala, Brown Rice Snack: Fresh Fruit</p>

IMPORTANT: Please let staff know of any dietary restrictions

- Menu approved by a Registered Dietitian
- Vegetables Offered Daily
- Fresh Fruit may vary depending on season

SUMMER VEGETARIAN LUNCH CAMP & SNACK MENU

2024 (July 15 - 19)

Monday	Lunch: Sizzling Egg & Veggie Chow Mein Stirfry Snack: Fresh Fruit
Tuesday	Lunch: Rustic Summer Veggie Chili, Whole Wheat Home-Style Bread Snack: Fresh Fruit
Wednesday	Lunch: Falafel Balls with Tomato Sauce Vegetable Rotini, Spring Mix Salad Snack: Fresh Fruit
Thursday	Lunch: Roasted Vegan Bites, Whole Wheat Pita, Broccoli & Cauliflower Snack: Fresh Fruit
Friday	Lunch: Beany Vegetable Italiano, Brown Rice Snack: Fresh Fruit

IMPORTANT: Please let staff know of any dietary restrictions

- Menu approved by a Registered Dietitian
- Vegetables Offered Daily
- Fresh Fruit may vary depending on season

SUMMER VEGETARIAN LUNCH CAMP & SNACK MENU

2024 (July 22 - 26)

<p>Monday</p>	<p>Lunch: Falafel Balls with Tomato Sauce, Vegetable Couscous Snack: Fresh Fruit</p>
<p>Tuesday</p>	<p>Lunch: Egg Patty, Whole Wheat Bun, PEI Mixed Vegetables Snack: Fresh Fruit</p>
<p>Wednesday</p>	<p>Lunch: Tri-Colour Cheese Tortellini with Rose Bean Sauce, Spring Mix Salad Snack: Fresh Fruit</p>
<p>Thursday</p>	<p>Lunch: Zesty Lemon Chickpea Medley, Brown Rice Snack: Fresh Fruit</p>
<p>Friday</p>	<p>Lunch: Veggie Taco, Whole Wheat Tortilla, Green Salad w/ Purple Cabbage Snack: Fresh Fruit</p>

IMPORTANT: Please let staff know of any dietary restrictions

- Menu approved by a Registered Dietitian
- Vegetables Offered Daily
- Fresh Fruit may vary depending on season

SUMMER VEGETARIAN LUNCH CAMP & SNACK MENU

2024 (July 29 - August 2)

<p>Monday</p>	<p>Lunch: Brazilian Vegan Okra Veg Stew, Brown Rice Snack: Fresh Fruit</p>
<p>Tuesday</p>	<p>Lunch: Spinach & Broccoli Pesto Pasta, Mediterranean Salad Snack: Fresh Fruit</p>
<p>Wednesday</p>	<p>Lunch: Baked Vegetarian Cutlet, Whole Wheat Home-Style Bun, Peas and Carrots Snack: Fresh Fruit</p>
<p>Thursday</p>	<p>Lunch: Mango Tango Chickpea & Veggie Pasta Snack: Fresh Fruit</p>
<p>Friday</p>	<p>FUN FRIDAY: Veggie Chili Mac Snack: Fresh Fruit</p>

IMPORTANT: Please let staff know of any dietary restrictions

- Menu approved by a Registered Dietitian
- Vegetables Offered Daily
- Fresh Fruit may vary depending on season



SUMMER CAMP

VEGETARIAN LUNCH & SNACK MENU

2024 (August 6 - 9)

Monday	Civic Holiday; No Camp
Tuesday	Lunch: Falafel Balls, Whole Wheat Bun, Vegetable Medley Snack: Fresh Fruit
Wednesday	Lunch: Baked Veggie Tenders, Barley Vegetable Risotto Snack: Fresh Fruit
Thursday	Lunch: Cheese & Spinach Stuffed Medallions with Roasted Red Pepper Lentil Cream Sauce Snack: Fresh Fruit
Friday	Lunch: Vegetable Chickpea Chana Masala, Brown Rice Snack: Fresh Fruit

IMPORTANT: Please let staff know of any dietary restrictions

- Menu approved by a Registered Dietitian
- Vegetables Offered Daily
- Fresh Fruit may vary depending on season



SUMMER VEGETARIAN LUNCH CAMP & SNACK MENU

2024 (August 12 - 16)

<p>Monday</p>	<p>Lunch: Sizzling Egg & Veggie Chow Mein Stirfry Snack: Fresh Fruit</p>
<p>Tuesday</p>	<p>Lunch: Rustic Summer Veggie Chili, Whole Wheat Home-Style Bread Snack: Fresh Fruit</p>
<p>Wednesday</p>	<p>Lunch: Falafel Balls with Tomato Sauce Vegetable Rotini, Spring Mix Salad Snack: Fresh Fruit</p>
<p>Thursday</p>	<p>Lunch: Roasted Vegan Bites, Whole Wheat Pita, Broccoli & Cauliflower Snack: Fresh Fruit</p>
<p>Friday</p>	<p>Lunch: Beany Vegetable Italiano, Brown Rice Snack: Fresh Fruit</p>

IMPORTANT: Please let staff know of any dietary restrictions

- Menu approved by a Registered Dietitian
- Vegetables Offered Daily
- Fresh Fruit may vary depending on season