

2017 SUMMER CAMP SAMPLE LUNCH MENU

ODD WEEKS

Week 1, 3, 5, 7 & 9

Monday

Turkey & lettuce on a whole-wheat bun with an apple, carrots and organic lemon snaps.

Snack: tortilla chips & salsa

Tuesday

Tuna & lettuce on ciabatta bread with a plum, grape tomatoes and arrow root cookies.

Snack: banana oatmeal bar

Wednesday

Chicken on whole wheat bread with a pear, carrots and organic ginger snaps.

Snack: mini pita & nut-free butter

Thursday

Roast beef on a whole-wheat pita with an orange, grape tomatoes and an oatmeal cookie.

Snack: melba toast & carrots

Friday

Honey bagel with soft cheese with an apple, carrots and organic lemon snaps.

Snack: zucchini & carrot loaf

EVEN WEEKS

Week 2, 4, 6 & 8

Chicken, lettuce & cheese on a whole-wheat wrap with an orange, tomatoes and an oatmeal cookie.

Snack: ginger snaps & fresh fruit

Egg salad & lettuce on a whole wheat pita with a plum, grape tomatoes and arrowroot cookies.

Snack: lemon cranberry loaf

Ciabatta with soft cheese, served with a pear, carrots and organic ginger snaps.

Snack: banana roll up

Turkey & lettuce on a whole-wheat bun with an apple, carrots and organic lemon snaps.

Snack: triscuits & nut free butter

Roast beef, lettuce & cheese on a whole-wheat wrap with an orange, carrots and an oatmeal cookie.

Snack: trail mix with whole banana

Notes

- 85% of the grains on the menu are whole wheat, whole grain, multi-grain or organic.
- The menu is trans-fat free unless it is naturally occurring (meats and cheese).
- Local ingredients and products are used whenever possible.
- All lunches are made fresh daily by Red Seal Chefs.
- The facility is nut-free. Accommodations can be made for most allergies and dietary restrictions.



TRUENORTH
SPORTS CAMPS

 **foodfor**tots