**SAMPLE MENU**

**Counsellor Food Items – Please bring these with you to camp**

* Coffee / Tea ❑ White & brown sugar
* Parmesan cheese *(optional)* ❑ Salt & pepper
* Plum sauce *(ham / chicken fingers)* ❑ Peanut butter - see **NOTE**
* Syrup *(pancakes / french toast)* ❑ Mustard / ketchup / mayo
* Cookies for Sunday lunch ❑ Salsa *(tacos)*
* Salad dressing ❑ Jam or honey
* Soya sauce *(for rice)* ❑ Relish
* Hot chocolate *(make with water only)*

**4:30 is food pickup** unless there is a BBQ, then pickup will be after evening program.

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| **Day** | **Meal** | **Menu** |
| Saturday | Supper | BBQ @ Halah, baked potatoes, cold drinks, fruit, dessert |
| **Food pickup after evening program** | |
| Sunday | Breakfast | Pancakes & syrup, apple juice |
| Lunch | Soup, grilled cheese, packaged drink, fruit |
| Supper | Spaghetti & ground beef, tossed salad, milk, dessert |
| Monday | Breakfast | Cereal, toast, orange juice |
| Lunch | Ravioli, toast, carrot/celery sticks, packaged drink, fruit |
| Supper | Ham, mashed potatoes, beans, milk, dessert |
| Tuesday | Breakfast | French toast, apple juice |
| Lunch | Kraft dinner & wieners, packaged drink, fruit |
| Supper | Tacos, carrot/celery sticks, milk, dessert |
| Wednesday | Breakfast | Porridge, toast, orange juice |
| Lunch | Subs, chips, milk, fruit |
| Supper | BBQ @ Halah, baked potatoes, cold drinks, fruit, dessert |
| **Food pickup after evening program** | |
| Thursday | Breakfast | Scrambled eggs, toast, apple juice |
| Lunch | Soup, bagels & cheese slices, packaged drink, fruit |
| Supper | Chicken fingers, rice, corn, milk, dessert |
| Friday | Breakfast | Cereal, toast, orange juice |
| Lunch | BLT sandwich, packaged drink, fruit |
| Supper | Pizza @ Halah, Caesar salad, cold drinks, dessert |

\*\*If your child has any food restrictions (lactose, gluten, etc) please send appropriate substitutes.

**NOTE** Due to students with severe nut allergies, if you consume any nut products on your campsite, please have your group **wash their hands with soap and water** before leaving the campsite.