

# SAMPLE MENU

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

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

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

Day	Meal	Menu
Saturday	Supper	BBQ @ Halah, baked potatoes, cold drinks, fruit, dessert
	<b>Food pickup after evening program</b>	
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
<b>Food pickup after evening program</b>		
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.