

DAILY MENU

SATURDAY

Supper Hamburgers & hotdogs at Halah, roasted potato, cold drinks, fruit, dessert
(Food pickup after evening program)

SUNDAY

Breakfast Granola Bars, yogurt, toast
Lunch Chicken soup, grilled cheese sandwich, pkg drink, fruit
Supper Spaghetti & ground beef, tossed salad, milk, dessert

MONDAY

Breakfast Oatmeal porridge, toast
Lunch KD & wieners, carrot & celery sticks, pkg drink, fruit
Supper Ham, hash browns, yellow beans, milk, dessert

TUESDAY

Breakfast Cold cereal (Cheerios), toast
Lunch Pancakes, pkg drink, fruit
Supper Tacos, carrot & celery sticks, milk, dessert

WEDNESDAY

Breakfast Bagels & cream cheese
Lunch Subs, chips, milk, fruit
Supper Hamburgers & hotdogs at Halah, roasted potato, cold drinks, fruit, dessert
(Food pickup after evening program)

THURSDAY

Breakfast Oatmeal porridge, toast
Lunch Scrambled eggs / French toast, pkg drink, fruit
Supper Chicken fingers, rice, corn, milk, dessert

FRIDAY

Breakfast Cold cereal (shreddies), toast
Lunch Bacon, lettuce & tomato sandwich, milk, fruit
Supper Pizza at Halah, tossed salad, cold drinks, fruit

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

COUNSELLOR FOOD ITEMS

Please bring these with you to camp.

- Coffee / Tea
- Parmesan Cheese for spaghetti (optional)
- Plum Sauce for ham or chicken fingers
- Syrup for pancakes
- Cookies for Sunday lunch
- Salad dressing
- Soy Sauce for rice
- Hot chocolate (make with water only)
- White and brown sugar
- Salt and pepper
- Peanut butter
- Mustard / ketchup / mayo
- Salsa for tacos
- Jam or honey for toast

PLEASE NOTE:

We have a camper with a severe dairy allergy, even on contact. Please require your campers to wash hands after meals, snacks etc BEFORE leaving your campsite. Please keep products that contain dairy on campsites only. There will be dairy in a specific area of the pavilion for adults (cream for coffee etc), but please take seriously cleaning up any dairy spills and clean thoroughly.