

MOOREDALE CAMP LUNCH MENU JULY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	SENIOR DAY TRIP - 3	4	5
NO CAMP TODAY - CANADA DAY	Penne with ground chicken/ (V) tomato sauce, garlic bread, green salad	Breaded chicken burgers on whole wheat rolls, no fry fries & Caesar salad (V = veggie patties)	Tacos with all the fixings, tortilla chips and mild salsa (V = ground soy tacos)	PIZZA DAY PLUS SENIOR DAY TRIP BAGGED LUNCH
	SNACK - CHEESE CUBES AND TRISKETS	SNACK - YOGHURT TUBES & GRAHAM CRACKERS	SNACK - MUFFINS	SNACK - PITA AND VEG AND DIP
8	9	10	ALL CAMP TRIP - 11	12
Fusilli with meatballs or (V) tomato sauce, french loaf & Caesar salad	Baked white meat chicken fingers, home fries, salad (V = soy sticks)	All Day Breakfast Pancakes, scrambled eggs, chicken sausage (V = veg sausage)	Burgers with chips and veggies with ranch dip (V = veggie patties)	PIZZA DAY
SNACK - YOGHURT TUBES & GRAHAM CRACKERS	SNACK - CHEESE CUBES AND TRISKETS	SNACK - NACHO CHIPS AND SALSA	SNACK - MUFFINS	SNACK - PITA AND VEG AND DIP
15	16	17	18	19
Breaded chicken burgers on whole wheat rolls, no fry fries & Caesar salad (V = veggie patties)	Penne with ground chicken or (V) tomato sauce, garlic bread, green salad	Honey garlic meatballs with rice, green mixed salad (V = falafel balls)	Baked white meat chicken fingers, home fries, salad (V = soy sticks)	PIZZA DAY
SNACK - YOGHURT TUBES & GRAHAM CRACKERS	SNACK - CHEESE CUBES AND TRISKETS	SNACK - NACHO CHIPS AND SALSA	SNACK - MUFFINS	SNACK - PITA AND VEG AND DIP
22	23	24	ALL CAMP TRIP - 25	26
Fusilli with meatballs or (V) tomato sauce, french loaf & Caesar salad	Baked "popcorn" chicken, no fry fries, green salad (V=chick'n bites)	Chicken hot dogs, green salad & pasta salad (V = veggie dogs)	Burgers with chips and veggies with ranch dip (V = veggie patties)	PIZZA DAY
SNACK - YOGHURT TUBES & GRAHAM CRACKERS	SNACK - CHEESE CUBES AND TRISKETS	SNACK - NACHO CHIPS AND SALSA	SNACK - MUFFINS	SNACK - PITA AND VEG AND DIP
29	30	SENIOR DAY TRIP - 31	1	2
Baked white meat chicken fingers, home fries, salad (V = soy sticks)	Penne with ground chicken/ (V) tomato sauce, garlic bread, green salad	Tacos with all the fixings, tortilla chips and mild salsa (V = ground soy tacos)	Honey garlic meatballs with rice, green mixed salad (V = falafel balls)	PIZZA DAY PLUS SENIOR DAY TRIP BAGGED LUNCH
SNACK - NACHO CHIPS AND SALSA	SNACK - CHEESE CUBES AND TRISKETS	SNACK - YOGHURT TUBES & GRAHAM CRACKERS	SNACK - MUFFINS	SNACK - PITA AND VEG AND DIP

MEALS ARE ALL SERVED WITH A DAILY FRESH FRUIT & RAW VEGETABLE, PLUS SALAD AS ABOVE.

ALL FOOD IS PREPARED IN OUR NUT, SEED AND PORK FREE KITCHEN.

BAGGED TO-GO LUNCHESES FOR SENIOR FIELD TRIPS ARE TURKEY/CHEESE OR WOW BUTTER/JAM SANDWICHES, WITH FRUIT, VEG AND A COOKIE

(V) =VEGETARIAN/VEGAN. GLUTEN, DAIRY OR EGG FREE MEALS AVAILABLE UPON REQUEST.

Children are welcome to come for seconds!!!

TLM (The Lunch Mom) Catering Inc.