



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Camper Hot Entrée	Bombay Style Butter Chicken Basmati Rice Steamed Peas	Cavatappi Pasta (Scoobi Doo) Beef Bolognese or Marinara Sauce Garlic Toast	Crispy Honey Garlic Crispy Beef Strips Cantonese Style Egg Noodles Cantonese Style Vegetables	Chicken Burger on Martins Potato Roll Roasted Potato Wedges Kentucky Coleslaw	Fiesta Spiced Ontario Beef Soft Tacos Cilantro Lime Rice (Regular Steamed Rice for Junior Camps) Citrus & Herb Corn
Camper Meatless Option	Meatless “Chick’n “ Patty Substitute	Cavatappi Marinara	Stir Fried Tofu and Vegetables	Vegetable Burger Substitute	Chickpea Falafel Taco Substitute
Camper Gluten Free Hot Option	Same as Camper Hot Entrée	GF Pasta and GF Bread Substitute	Non-Breaded Beef and Rice Noodle Substitute	GF Chicken Burger and GF Bun Substitute	GF Tortilla Substitute
Condiments	Mint Raita, Mango Chutney, Soy Sauce	Parmesan Cheese, Basil Oil	Soy Sauce, Sriracha/Sambal Olek	Shredded Lettuce, Sliced Tomato, Ketchup, Mayonnaise	Shredded Lettuce, Shredded Cheese, Sour Cream & Mild Salsa, Hot Sauce
Urban Camper Salad Bar (Fresh greens & various toppings)	Chopped Romaine Spring Mix Creamy Coleslaw Apple Slices Matchstick Carrots Cucumber Tomatoes Sweet Pepper Rings	Tossed Salad Baby Spinach Corn Salad Orange Slices Matchstick Carrots Cucumber Tomatoes Boiled Egg	Chopped Romaine Mixed Greens Edamame Salad Peach Slices Matchstick Carrots Cucumber Tomatoes Broccoli	Tossed Salad Spring Mix Fruit Salad Banana Whole Fruit Matchstick Carrots Cucumber Tomatoes Cauliflower	Chopped Romaine Baby Spinach Pasta Salad Apple Slices Matchstick Carrots Cucumber Tomatoes Baby Corn
Daily Camper Soup Station	Minestrone Soup (Contains Egg, Wheat)	Beef Vegetable Chili	Chicken Noodle (Contains Egg, Milk, Soy Wheat)	Tomato Soup	Turkey Rice (Contains Egg, Milk, Soy Wheat)
Daily AM Snack	Yogurt Tubes	Sliced Orange Wedges	Healthy Oat Branksome Bars	Yogurt Drink	Fresh Banana’s
Daily PM Snack	Rice Krispy Square	Banana Chocolate Chip Loaf	Individual Ice Cream Sundae Cup	Sweet From the Earth Apple Cinnamon Cake	Popsicles
Aftercare Snack	Pretzels , Hummus and Juice Box	Freeyum Snack with Bottled Water	Smart Food Popcorn, Juice Box	Large Cookie with Bottled Water	Veggie Straws & Juice Box



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Camper Hot Entrée	Potato and Cheddar Perogies Served with a Side Bacon Bits and Caramelized Onions Peas and Carrot	No Gluten Chicken Nuggets with Plum, BBQ or Honey Mustard Sauces Olive Oil & Garlic Oven Roasted Potato Steamed Green Beans	Primavera Pasta Chunky Garden Vegetable Tomato Sauce Rotini Pasta Breadstick	Teriyaki Chicken and Beef Halal Meatballs Steamed Brown Rice Sautéed Garden Vegetable Medley	All Beef NYC Cart Hot Dogs Sweet Potato Fries Peaches & Cream Corn
Meatless Option	Ground Soy Substituted for Bacon	Vegetarian Soy Nugget Substitute	Same as Camper Hot Entrée	Veggie Meatballs	Grilled Veggie Dog Substitute
Gluten Free Hot Option	GF Potato Perogy Substitute	Same as Camper Hot Entrée	GF Pasta and GF Bread Substitute	Gluten Free Meatball	GF Bun Substitute
Condiments	Sour Cream	Plum, BBQ or Honey Mustard Sauces, Ketchup	Parmesan Cheese	Soy Sauce, Sriracha/Samba Olek, Ketchup	Ketchup, Relish, Mustard, Shredded Pickle, Sauerkraut, Diced Onion
Urban Camper Salad Bar <small>(Fresh greens & various toppings)</small>	Chopped Romaine Spring Mix Creamy Coleslaw Apple Slices Matchstick Carrots Cucumber Tomatoes Sweet Pepper Rings	Tossed Salad Baby Spinach Corn Salad Orange Slices Matchstick Carrots Cucumber Tomatoes Boiled Egg	Chopped Romaine Mixed Greens Edamame Salad Peach Slices Matchstick Carrots Cucumber Tomatoes Broccoli	Tossed Salad Spring Mix Fruit Salad Banana Whole Fruit Matchstick Carrots Cucumber Tomatoes Cauliflower	Chopped Romaine Baby Spinach Pasta Salad Apple Slices Matchstick Carrots Cucumber Tomatoes Baby Corn
Daily Camper Soup Station with Crackers	Chicken Noodle (Contains Egg, Milk, Soy Wheat)	Turkey Rice (Contains Egg, Milk, Soy, Wheat)	Beef Vegetable Chili	Tomato Soup	Minestrone Soup (Contains Egg, Wheat)
Daily AM Snack	Yogurt Tubes	Sliced Orange Wedges	Healthy Oat Branksome Bars	Yogurt Drink	Fresh Banana’s
Daily PM Snack	Rice Krispy Square	Banana Chocolate Chip Loaf	Individual Ice Cream Sundae Cup	Sweet From the Earth Apple Cinnamon Cake	Popsicles
Aftercare Snack	Pretzels , Hummus and Juice Box	Freeyumm Snack with Bottled Water	Smart Food Popcorn, Juice Box	Large Cookie with Bottled Water	Veggie Straws & Juice Box



Athletic & Wellness Centre Camp Menu

Week 3 (July 8-12) & Week 7 (Aug 6-9)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Camper Hot Entrée	Baked Haddock Pieces Wedge Potatoes Mixed Vegetables	Creamy Shells and Cheese Garlic Toast Steamed Peas	Chicken Souvlaki Mediterranean Lemon, Herb and Garlic Rice Olive Oil and Sea Salted Green Beans	Crispy Honey Garlic Crispy Beef Strips Jasmine Rice Cantonese Style Vegetables	Beef Burgers Rosemary and Garlic Mini Potatoes Steamed Corn
Meatless Option	Phish Fillets	Same as Camper Hot Entrée	Tofu Skewers	Crispy Tofu Strips	Veggie Burger Substitute
Gluten Free Hot Option	GF Cod Nugget Substitute	GF Pasta and GF Bread Substitute	Same as Camper Hot Entrée	Non-Breaded Beef Strips	GF Bun Substitute
Condiments	Tartar Sauce, Ketchup, Lemon Wedges	Parmesan Cheese, Ketchup	Tzatziki, Hummus	Soy Sauce	Shredded Lettuce, Pickle, Ketchup, Mustard, Relish
Urban Camper Salad Bar (Fresh greens & various toppings)	Chopped Romaine Spring Mix Creamy Coleslaw Apple Slices Matchstick Carrots Cucumber Tomatoes Sweet Pepper Rings	Tossed Salad Baby Spinach Corn Salad Orange Slices Matchstick Carrots Cucumber Tomatoes Boiled Egg	Chopped Romaine Mixed Greens Edamame Salad Peach Slices Matchstick Carrots Cucumber Tomatoes Broccoli	Tossed Salad Spring Mix Fruit Salad Banana Whole Fruit Matchstick Carrots Cucumber Tomatoes Cauliflower	Chopped Romaine Baby Spinach Pasta Salad Apple Slices Matchstick Carrots Cucumber Tomatoes Baby Corn
Daily Camper Soup Station with Crackers	Minestrone Soup (Contains Egg, Wheat)	Turkey Rice (Contains Egg, Milk, Soy Wheat)	Beef Vegetable Chili	Tomato Soup	Chicken Noodle (Contains Egg, Milk, Soy Wheat)
Daily AM Snack	Yogurt Tubes	Sliced Orange Wedges	Healthy Oat Branksome Bars	Yogurt Drink	Fresh Banana's
Daily PM Snack	Rice Krispy Square	Banana Chocolate Chip Loaf	Individual Ice Cream Sundae Cup	Sweet From the Earth Apple Cinnamon Cake	Popsicles
Aftercare Snack	Pretzels , Hummus and Juice Box	Freeyumm Snack with Bottled Water	Smart Food Popcorn, Juice Box	Large Cookie with Bottled Water	Veggie Straws & Juice Box



BRANKSOME
HALL

Athletic & Wellness Centre Camp Menu

Week 4 (July 15-19) & Week 8 (Aug 12-16)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Camper Hot Entrée	Brick Oven Baked Chicken Parmesan Crispy Chicken Breast, Fresh Tomato Sauce and Melted Cheese Italian Seasoned Rice Green Beans	Dairy Free Basil Pesto Marinara Penne Pasta Cheddar Cheese Bread Sticks	Local Baked Chicken Breast with Sweet and Sticky BBQ Sauce Oven Roasted Potatoes Orange Glazed Carrots	Beef Chili Burrito Bowl (Shredded Iceberg Base, Mexican Rice, Ground Beef, Black Beans, Corn , Tomato, Avocado Cream Sauce,)	Cheese Flatbreads Oven Baked Flatbread baked with Tomato Sauce and Cheddar, Mozzarella Blend. Served with side Caesar Salad
Meatless Option	Vegetarian Falafel Substitute	Same as Camper Hot Entrée	Vegetarian Soy Patty	Impossible Meatless Burrito Bowl	Same as Camper Hot Entrée
Gluten Free Hot Option	Non-Breaded Chicken	GF Pasta and GF Bread Substitute	Same as Camper Hot Entrée	Same as Camper Hot Entrée	GF Pizza Crust Substitute
Condiments	Soy Sauce, Ketchup	Parmesan Cheese, Ketchup	Ketchup	Shredded Lettuce, Shredded Cheese, Sour Cream & Mild Salsa, Hot Sauce	Parmesan Cheese, Ketchup
Urban Camper Salad Bar (Fresh greens & various toppings)	Chopped Romaine Spring Mix Creamy Coleslaw Apple Slices Matchstick Carrots Cucumber Tomatoes Sweet Pepper Rings	Tossed Salad Baby Spinach Corn Salad Orange Slices Matchstick Carrots Cucumber Tomatoes Boiled Egg	Chopped Romaine Mixed Greens Edamame Salad Peach Slices Matchstick Carrots Cucumber Tomatoes Broccoli	Tossed Salad Spring Mix Fruit Salad Banana Whole Fruit Matchstick Carrots Cucumber Tomatoes Cauliflower	Chopped Romaine Baby Spinach Pasta Salad Apple Slices Matchstick Carrots Cucumber Tomatoes Baby Corn
Daily Camper Soup Station with Crackers	Minestrone Soup (Contains Egg, Wheat)	Turkey Rice (Contains Egg, Milk, Soy Wheat)	Beef Vegetable Chili	Tomato Soup	Chicken Noodle (Contains Egg, Milk, Soy Wheat)
Daily AM Snack	Yogurt Tubes	Sliced Orange Wedges	Healthy Oat Branksome Bars	Yogurt Drink	Fresh Banana's
Daily PM Snack	Rice Krispy Square	Banana Chocolate Chip Loaf	Individual Ice Cream Sundae Cup	Sweet From the Earth Apple Cinnamon Cake	Popsicles
Aftercare Snack	Pretzels , Hummus and Juice Box	Freeyum Snack with Bottled Water	Smart Food Popcorn, Juice Box	Large Cookie with Bottled Water	Veggie Straws & Juice Box