



# DAY CAMP MEALS 2020



## Menu for cold lunches, lunch box type – summer 2020 On rotation every 2 weeks

All meals are served with Oasis juice box, raw vegetables, dessert (cake, muffin, yogurt or fresh fruit).

Dates	Days of the week – summer 2020				
	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b> (June 22nd-26 <sup>th</sup> ) <b>Week 3</b> (July 6th to 10th) <b>Week 5</b> (July 20th to 24th) <b>Week 7</b> (August 3rd to 7th) <b>Week 9</b> (August 17th – 21 <sup>st</sup> )	Chicken salad on baguette  <u>Side:</u> Tomato, cucumber and boccocini salad	Pizza roll with pepperoni on tortilla  <u>Side:</u> Legume salad	Egg salad sandwich on whole wheat bread  <u>Side:</u> Pasta salad	Whole wheat tortilla tuna wrap  <u>Side:</u> Cucumber salad	Chicken orzo salad <u>Side :</u> Hummus, crackers and cheese
<b>Week 2</b> (June 29 - July 3rd) <b>Week 4</b> (July 13th to 17th) <b>Week 6</b> (July 27th to 31 <sup>st</sup> ) <b>Week 8</b> (August 10th - 14th) <b>Week 10</b> (August 24th - 27 <sup>th</sup> )	Club sandwich wrap  <u>Side :</u> Coleslaw and tortillas with guacamole	Ham and cheese croissant  <u>Side:</u> Pasta salad	<u>Mixed plate:</u> Cold cuts, hard boiled egg, hummus, pita, cheese, pickles and corn salad	Crispy tofu burger with avocado  <u>Side:</u> Potato salad, rice cake with cream cheese	Chicken breast salad  <u>Side:</u> Green salad, chick peas, corn, cucumber, tomatoes, cheese, ranch dressing and bread
<b>Price</b>					
<b>\$38/week</b>		<b>\$9.50/day (upon reservation only)</b>			



À L'ÉTAT *naturel*

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