

DAY CAMP MEALS



Menu for cold lunches, lunch box type – summer 2021

| Date | Days of the week – summer 2021 | | | | |
|---|--|--|---|--|---|
| Date | Monday | Tuesday | Wednesday | Thursday | Friday |
| Week 1 (22-26 juin) Week 4 (13-17 juil.) | Chicken salad wrap | Egg salad sandwich in a small bun | Tortilla pizza roll with pepperoni | Tuna and cranberry Baguette | Chicken breast salad (lettuce, tomatoes, corn, cucumber, chickpeas, cheese) |
| Week 7 (3-7 août) | Side Tomatoes, cucumber and bocconcini salad | <u>Side</u> Greek pasta salad | <u>Side</u> Legume salad | <u>Side</u> Cucumber salad | Side Ranch vinaigrette and small bun |
| Week 2 (29 jn-3 juil) Week 5 (20-24 juil.) | Club sandwich wrap | Ham and cheese croissant | Tofu and avocado ciabatta sandwich | Mixed plate: Cold cuts, hard boiled egg, pita, hummus, cheese | Salmon and orzo creamy salad |
| | Side Coleslaw and tortillas with guacamole | <u>Side</u> Mexican pasta salad | Side Potato salad, rice cake with cream cheese | <u>Side</u> Pickles and corn salad | <u>Side</u> Crostinis with olive tapenade |
| Week 3 (6-10 juil.) Week 6 (27-31 juil.) | Colorful tortilla roll with turkey and cheese | Cold pizza with bacon, leeks and cheese on flat bread | BBQ pulled chicken burger | Apple and porc filet sandwich on brioche bun | Nicoise salad (hard boiled egg, tomatoes, potatoes, green beans, tuna, corn, lettuce) |
| | Side Lemony pasta salad with vegetables, tortillas and salsa | Side Couscous salad with chikpeas and raisins | Side Carrot and cranberry salad | Side Creamy broccoli salad and fromage | <u>Side</u> Lemon vinaigrette, hummus and crackers |

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

| Price | |
|-----------|----------------------------------|
| \$40/week | \$10/day (upon reservation only) |



