



DAY CAMP MEALS



Menu for cold lunches, lunch box type – summer 2021

Date	Days of the week – summer 2021				
	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 (22-26 juin) Week 4 (13-17 juil.) Week 7 (3-7 août)	Chicken salad wrap <u>Side</u> Tomatoes, cucumber and bocconcini salad	Egg salad sandwich in a small bun <u>Side</u> Greek pasta salad	Tortilla pizza roll with pepperoni <u>Side</u> Legume salad	Tuna and cranberry Baguette <u>Side</u> Cucumber salad	Chicken breast salad (lettuce, tomatoes, corn, cucumber, chickpeas, cheese) <u>Side</u> Ranch vinaigrette and small bun
Week 2 (29 jn-3 juil.) Week 5 (20-24 juil.) Week 8 (10-14 août)	Club sandwich wrap <u>Side</u> Coleslaw and tortillas with guacamole	Ham and cheese croissant <u>Side</u> Mexican pasta salad	Tofu and avocado ciabatta sandwich <u>Side</u> Potato salad, rice cake with cream cheese	<u>Mixed plate:</u> Cold cuts, hard boiled egg, pita, hummus, cheese <u>Side</u> Pickles and corn salad	Salmon and orzo creamy salad <u>Side</u> Crostinis with olive tapenade
Week 3 (6-10 juil.) Week 6 (27-31 juil.) Week 9 (17-21 août)	Colorful tortilla roll with turkey and cheese <u>Side</u> Lemony pasta salad with vegetables, tortillas and salsa	Cold pizza with bacon, leeks and cheese on flat bread <u>Side</u> Couscous salad with chickpeas and raisins	BBQ pulled chicken burger <u>Side</u> Carrot and cranberry salad	Apple and porc filet sandwich on brioche bun <u>Side</u> Creamy broccoli salad and fromage	Nicoise salad (hard boiled egg, tomatoes, potatoes, green beans, tuna, corn, lettuce) <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)



À L'ÉTAT *naturel*

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