



DAY CAMP MEALS



Menu for cold lunches, lunch box type – summer 2022

Date	Days of the week – summer 2022				
	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 (Jun27-Jul.1) Week 4 (July 18-22) Week 7 (Aug.8-12)	Chicken curry and cranberry wrap <u>Side</u> Tomatoes, cucumber and bocconcini salad	Egg salad sandwich in a brioche bun <u>Side</u> Greek pasta salad	Tortilla pizza roll <u>Side</u> Legume salad	Salmon salad sandwich on Kaiser bun <u>Side</u> Cucumber salad	Chicken breast salad (lettuce, tomatoes, corn, cucumber, chickpeas, cheese) <u>Side</u> Ranch vinaigrette and small bun
Week 2 (July 4-8) Week 5 (July 25-29) Week 8 (Aug. 15-19)	Turkey and bacon club sandwich <u>Side</u> Coleslaw and tortillas with guacamole	Ham and cheese croissant <u>Side</u> Mexican pasta salad	Crispy tofu, apple and avocado wrap <u>Side</u> Potato salad	<u>Mixed plate:</u> Cold cuts, egg, hummus, crackers & cheese <u>Side</u> Pickles and corn salad	Salmon and orzo creamy salad <u>Side</u> Crostini with tofu spread
Week 3 (July 11-15) Week 6 (Aug. 1-5) Week 9 (Aug. 22-26)	Colorful tortilla roll with turkey and cheese <u>Side</u> Lemony pasta salad with vegetables, tortillas and salsa	Cold pizza with salami, peppers, and cheese on flat bread <u>Side</u> Quinoa salad with chickpeas	BBQ pulled chicken burger <u>Side</u> Carrot and cranberry salad	Pastrami submarine <u>Side</u> Cucumber, watermelon, and feta cheese salad	“Poke” bowl with chicken, vegetables, and rice vermicelli <u>Side</u> Served with Asian style dressing

All meals are served with juice box, sides and dessert.

Price	
\$42/week	\$10.50/day (upon reservation only)



À L'ÉTAT *naturel*

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