

**DAY CAMP MEALS** 



## Menu for cold lunches – summer 2024

| Date  | Days of the week – summer 2024  |   |  |  |  |
|---|---|---|--|--|--|
|   | Monday  | Tuesday   | Wednesday  | Thursday   | Friday   |
| Week 1<br>(June 24-28)<br>Week 4<br>(July 15-19)<br>Week 7<br>(Aug.5-9) | Chicken curry and<br>cranberry wrap<br><u>Side</u><br>Tomatoes,                 | Egg salad<br>sandwich in a<br>brioche bun<br><u>Side</u><br>Greek pasta salad | Tortilla pizza roll<br><u>Side</u><br>Legume salad | "Niçoise" style tuna<br>salad<br><u>Side</u><br>Cucumber salad   | Chicken breast salad<br>(lettuce, tomatoes,<br>corn, cucumber,<br>chickpeas, cheese)<br><u>Side</u><br>Ranch vinaigrette |
|   | cucumber and bocconcini salad   |   |  | and chips  | and small bun  |
| Week 2<br>(July 1-5)<br>Week 5<br>(July 22-26)                          | Turkey and bacon<br>club sandwich on<br>baguette                                | Ham and cheese<br>croissant   | Quinoa salad,<br>tofu, feta, chick<br>peas         | Caesar salad with<br>chicken                                     | White fish pasta<br>salad  |
| Week 8<br>(Aug. 12-16)  | <u>Side</u><br>Coleslaw and<br>tortillas with<br>guacamole                      | <u>Side</u><br>Mexican pasta<br>salad   | <u>Side</u><br>Lemon dressing                      | <u>Side</u><br>Caesar dressing                                   | <u>Side</u><br>Breadsticks and<br>hummus   |
| Week 3<br>(July 8-12)<br>Week 6<br>(Jul29-Aug 2)                        | Colorful tortilla roll<br>with turkey and<br>cheese                             | Cold pizza with<br>cheese   | BBQ pulled<br>chicken burger                       | Mortadella bagel   | "Poke" bowl with<br>chicken, vegetables,<br>and rice vermicelli  |
| Week 9<br>(Aug. 19-23)  | <u>Side</u><br>Lemony pasta<br>salad with<br>vegetables,<br>tortillas and salsa | <u>Side</u><br>Potato salad   | <u>Side</u><br>Carrot and<br>cranberry salad       | <u>Side</u><br>Cucumber,<br>watermelon, and<br>feta cheese salad | <u>Side</u><br>Served with Asian<br>style dressing   |

All meals are served with juice box, sides and dessert. Meals subject to change without notice.

| Price     |                                  |
|-----------|----------------------------------|
| \$60/week | \$13/day (upon reservation only) |

\* New for 2024: For environmental reasons, campers using the meal service will now have to provide their reusable containers and utensils for meal distribution. \*



2463, boul. Perrot, Notre-Dame-de-l'Île-Perrot, QC J7W 2K7 info@pleinairfatima.ca t.514 453-7600 PLEINAIRFATIMA.CA