



This is a sample menu! Camp Tournesol will publish the final menu in
May of 2020

Spring/Summer 2019 Menu

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Multigrain Cheerios Cereal, Milk	Apple Cinnamon Flatbread, Applesauce	Banana Oat Bites		
HEALTHY BALANCE Entrée	Peach BBQ Chicken Drumstick, Brown Rice, Mixed Vegetables (Peas, Carrots, Beans, Corn), Fresh Fruit	Turkey and Whole Grain Noodle Soup, Artisan Roll, Baby Carrots, Fresh Fruit	Beef Burger, Whole Grain Bun, Broccoli, Fresh Fruit	Every Thursday make sure to bring a litterless lunch!	Join us for Pizza Party on every Friday!
PM Snack	Pita Crackers, Cheese Curds	Organic Whole Wheat Banana Oatmeal Cookie, Orange	Whole Wheat Apple Beet Loaf, Apple		\$3.50 1 slice \$5.00 2 slices

P.S. Don't forget to bring your own reusable utensils!

Week 2

	Monday	Tuesday	Wednesday		
AM Snack	Whole Grain Shreddies Cereal, Milk	Organic Whole Grain Berry Granola Minis	Peach Yogurt, Whole Grain Pumpkin Seed Granola		
HEALTHY BALANCE Entrée	Korean Bulgogi (Tofu, Zucchini, Snap Peas, Eggplant, Peppers), Whole Grain Pasta, Corn and Peas, Fresh Fruit	Cuban Picadillo (Beef, Peppers, Tomato, Potato), Whole Wheat Mini Pita, Vegetable Medley (Broccoli, Cauliflower, Carrots), Fresh Fruit	White Fish Macaroni and Cheese, Green Beans, Fresh Fruit		
PM Snack	Whole Grain Harvest Seed Crackers, Baby Carrots	Banana Oatmeal Bar, Grape Tomatoes	Whole Wheat Focaccia Bread, Bruschetta		

*All meals and snacks are 100% nut-free, shellfish-free and pork-free



**Our WHOLESOME
Menu Includes:**



Simple, wholesome ingredients for growing bodies and minds.



Meals and snacks using municipal, provincial and national nutritional guidelines.



Food kids love to eat.



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Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Multigrain Cheerios Cereal, Milk	Whole Wheat Mini Bagel, Berry Applesauce	Organic Whole Wheat Blueberry Bran Muffin		
HEALTHY BALANCE Entrée	Beef Burger, Whole Grain Bun, Vegetable Medley (Broccoli, Cauliflower, Carrots), Fresh Fruit	Red Lentil Curry, Brown Rice, Green Beans, Fresh Fruit	Lemon Chicken Drumstick, Whole Grain Pasta, Sunshine Vegetables (Carrots, Green Beans), Fresh Fruit	Every Thursday make sure to bring a litterless lunch!	Join us for Pizza Party on every Friday!
PM Snack	Apple Granola Round, Orange	Hardboiled Egg, Whole Wheat Pita Pocket	Whole Wheat Lemon Cranberry Loaf, Baby Carrots		\$3.50 1 slice \$5.00 2 slices

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Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Whole Grain Shreddies Cereal, Milk	Vanilla Yogurt, Whole Grain Pumpkin Seed Granola	Whole Grain Thin Bagel, Apple Butter		
HEALTHY BALANCE Entrée	Teriyaki Chicken Drumstick, Brown Rice, Vegetables (Broccoli, Green Beans, Carrots, Red Pepper, Mushrooms), Fresh Fruit	Beef and Mushroom Whole Grain Pasta, Green Beans, Fresh Fruit	Chicken and Tofu Casserole, Coconut Rice, Paradise Mixed Vegetables (Green Beans, Yellow and Orange Carrots), Fresh Fruit		
PM Snack	Round Wheat Crackers, Hummus	Hardboiled Egg, Whole Wheat Tomato Basil Wrap	Whole Wheat Banana Pineapple Loaf, Cheese Curds		

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