



CHOOSE THIS MEAL PLAN DURING YOUR REGISTRATION PROCESS FOR A WORRY-FREE WEEK AT CAMP!

CAMP TOURNESOL ANNOUNCES THE MEAL PLAN FOR SUMMER 2019

Your child will enjoy a delicious and wholesome meal from Monday to Wednesday - worry-free! Fridays are still reserved for our pizza party, and pizza is available for purchase separately. Lunches are prepared by a local catering company Monday and Tuesday, in a **100% nut-free, shellfish-free and pork-free** facility, and served family-style with ample quantity for seconds. Wednesdays are reserved for a Pita Pit lunch as described below.

All meals are convenient, affordable and kid-approved! Vegetarian, lactose-free, and Halal lunches are available as alternatives to the menu below.

Please note that snacks and drinks are not included. We encourage our campers to bring refillable water bottle and reduce garbage!

CAMP TOURNESOL'S 2019 MEAL PLAN 2-WEEK ROTATION SCHEDULE

	BURGER MONDAYS	COMFORT TUESDAYS	PITA WEDNESDAYS
ROTATION 1 July 8, July 22, Aug 5 and Aug 19	Baked Chicken Burger with roasted potato wedges, condiments as well as a tossed garden salad (ranch and Italian dressing) and a banana.	Baked Chicken Fingers with baked home fries, ketchup and plum sauce as well as a vegetable tray with dips and orange quarters.	6" Chicken Whole Wheat Pita with lettuce, tomato, cucumber, cheddar cheese, mayonaise, a strawberry-banana smoothie, and sliced apple for each camper.
ROTATION 2 July 15, July 29, Aug 12 and Aug 26	Beef Burger with roasted potato wedges, condiments as well as a caesar salad and grapes.	Grilled Cheese with whole wheat bread and real cheddar cheese with baked home fries as well as a vegetable tray with dips and sliced watermelon.	6" Turkey Whole Wheat Pita with lettuce, tomato, cucumber, swiss cheese, ranch dressing, a strawberry-banana smoothie, and sliced apple for each camper.