**MARCH BREAK 2025 CAMP MENU & INGREDIENTS**

**Monday March 10th**

**Sliced Chicken***: ingredients*: Chicken Breast, Salt , Pepper, Olive Oil

**\*\*\*\*can be served without gravy for allergies\*\*\*\***

**Gravy:** *ingredients*: cornstarch, wheat flour, salt, soybean oil, sugar, yeast extract, 2% or less of soy, corn and wheat proteins, whey protein *concentrate, onion powder.* ***Contains: Soy, Wheat, Yeast***

**Mashed Potatoes:** *ingredients:* *Potatoes, Salt, Butter*

**Green Peas:** *ingredients: olive oil, salt, pepper*

**Vegetarian Option:**

**Vegan Chicken** **Strips**: *Ingredients: Water, soy protein isolate, wheat gluten, corn oil, salt, dried onion, spices, yeast extract, soy sauce powder*

**Contains (soybeans, wheat, salt).**

**Rice:** ingredients: *Basmati Rice, Olive Oil, Salt*

**Green Peas***: ingredients: Olive oil, salt, pepper*

**Tuesday March 11th**

**Tomato Sauce:** *ingredients: tomatoes, salt, pepper, oregano, olive oil, basil*

**Beef Meatballs:** *ingredients:* Halal Beef, Water, Bread Crumbs (Wheat Flour, Salt), Soy Protein Concentrate, Less Than 2% Of: Parmesan Cheese (Part Skim Cow's Milk, Cheese Cultures, Salt), Oregano, Basil, Black Pepper. ***Contains: Wheat, Milk, Cheese***

**Pasta with Olive oil:** *Wheat Pasta, Olive oil, Salt (gluten free available also)*

**Steamed Broccoli** – *Olive oil, Salt, Pepper*

**Vegetarian Option:**

**Vegan Meatballs**: ***ingredients:*** *Water, soy protein, Canola oil, Wheat gluten, Soy protein, Toasted wheat crumbs, Natural flavours, Seasoning, Yeast extract, Spices,* ***Salt Contains: Soy, Wheat, Mustard, Barley****.*

**Wednesday March 12th**

**Sliced Chicken***: ingredients*: Chicken Breast, Salt, Pepper, Olive Oil

**Teriyaki Sauce:** *Soy**Sauce(water,wheat,soybeans,salt),sugar,water,Corn Starch,onion Juice,vinegar,natural Flavour,garlic Powder.*

**Contains: Soy, Wheat**

**\*\*\*can be served with plain chicken and no sauce for wheat and soy allergies\*\*\*\***

**Steamed Rice:** Olive oil, Salt

**Mixed Vegetables:** Olive oil, salt , pepper

**Vegetarian Option:** Tofu Teriyaki, Steamed Rice, Mixed Vegetables

**Thursday March 13th**

**Pasta Mac & Cheese:** *ingredients: Milk, cream, butter soy, mustard flour, salt, yeast extract, cheddar cheese* ***Contains: Milk, Butter Soy***

**Steamed Broccoli:** *Olive oil, salt, pepper*

**Vegetarian Option:** Pasta with Olive oil & Steamed Broccoli

**Friday March 14th**

**Baked Chicken Tenders:** *Chicken, Water, Whole grain wheat flour, Wheat flour, Canola oil, Salt, Baking powder, Soy protein , corn flour, Yeast, Sea salt, Onion powder, Natural flavour, Spices* ***CONTAINS: wheat, soy***

**\*\* can also be served with sliced chicken breast for wheat and soy allergies\*\*\*\***

**Roasted Potato Wedges:** *ingredients: potatoes, olive oil, salt , spices*

**Vegetables Sticks** (carrots, celery, cucumber)

**Vegetarian Option:**

**Vegan Chicken Strips** *Water, Enriched Wheat Flour (Wheat Flour,Vital Wheat Gluten, Canola Oil, Soy Protein Isolate, Pea Protein Concentrate,Yellow Corn Flour, Textured Wheat Protein (Wheat Gluten, Wheat Starch),* ***CONTAINS: wheat, soy***

**Roasted Potato Wedges:** *ingredients: potatoes, olive oil, salt , spices*

**Vegetables Sticks** (carrots, celery, cucumber)

**MENU WILL REPEAT WEEK OF MARCH 17-21 FOR PRIVATE SCHOOL**