



Summer 2023 Sample Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
JEI Summer Camp Week 1, 3, 5	Chicken Burger with Cucumber slices	Turkey Deli Wrap With veggies	Topsy Turvey Pasta with Cheese & Ground Beef and fruit	BBQ Chicken Drumstick with Rice and Corn	Spaghetti & Meatballs With Orange slices
JEI Summer Camp Week#2, 4	Chicken Fingers with Potato Wedges and Corn	Crunchy Chicken Ranch Wrap With apple	Cheese Burger with Cucumber slices	Chicken Nuggets with Dinner Roll and Carrot sticks	Pepperoni Cheese Pizza And Carrots

- **All meals are prepared with care in an inspected, nut-free commercial**
- **Individually packaged GRAB and GO meals and items will be bagged as per Public Health Guidelines and following all COVID-19 Safety Protocols**
- **Contactless delivery and curb-side drop-off protocols are in place. Kitchen staff and drivers wear masks and carry hand sanitizer and gloves if needed**

Fruit = Fruit will vary day to day. Based on availability/seasonality. Fruits provided can be fresh, canned or frozen (always plain or unsweetened). Fruit choices may include apples, pears, oranges, pineapple, cantaloupe, watermelon etc. Assorted veggies = Veggies/veggie sticks vary day to day. Based on availability/seasonality. Veggie provided can be fresh, canned or frozen. Veggie choices may include carrots, celery, bell peppers, cucumbers, cauliflower, broccoli, zucchini etc.

ADD A HOT LUNCH PLAN FOR ONLY \$85/WEEK ~ Contact Ms. Sophie!

905-237-8534

