



KIDS CONNECTION AUGUST CAMP 2022

YUMMY CATERING™
the healthy choice

the healthy choice™

Monday	Tuesday	Wednesday	Thursday	Friday
1 CIVIC HOLIDAY	2 Beef Taco Whole Wheat Tortilla Romaine Lettuce	3 Whole Wheat Pasta with Creamy Basil Sauce Yummy Mediterranean Salad <small>(bell peppers, black beans, chickpeas, corn, cucumber, quinoa, spinach, tomatoes)</small>	4 Baked Chicken, Feta & Spinach Kafta Coconut Barley Veggies & Dip	5 Beef Burger Whole Wheat Bun Veggies & Dip
	REG LRG	REG LRG	REG VEG LRG	REG VEG LRG
8 Chicken Mac & Cheese Veggies & Dip	9 Tri Colour Cheese Tortellini with Pureed Lentil Rose Sauce Salad	10 Meatballs with Tomato Sauce Cantonese Noodles Green Salad	11 Chicken Burgers Whole Wheat Bun Vegetable Medley	12 Summer Veggie Chili <small>(bell peppers, black beans, carrots, corn, kidney beans, onions, soy protein, squash, tomatoes)</small> Brown Rice
REG VEG LRG	REG LRG	REG VEG LRG	REG VEG LRG	REG LRG
15 Beef Burger Whole Wheat Bun Veggies & Dip	16 Buckwheat Soba Noodle, Egg & Vegetable Stirfy <small>(bell peppers, broccoli, buckwheat soba noodles, carrots, celery, egg, green onions, lentils, zucchini)</small>	17 Baked Falafal Balls Whole Wheat Pita Pocket Romaine Lettuce	18 Lazy Lasagna <small>(bell peppers, celery, Mafalda pasta, onions, spinach, soy protein, tomatoes)</small> Veggies & Dip	19 Chicken Vegetable Italiano <small>(carrots, celery, chicken, green peppers, mushrooms, onions, spinach)</small> Brown Rice
REG VEG LRG	REG LRG	REG LRG	REG LRG	REG VEG LRG
22 Tri Colour Cheese Tortellini with Pureed Lentil Rose Sauce Salad	23 Baked Fish Wedge Sandwich Whole Wheat Bun Sunrise Veggie Mix <small>(green beans, orange & yellow carrots)</small>	24 Beef Meatballs with Tomato Sauce Brown Rice Veggies & Dip	25 Chicken Vegetable Italiano <small>(carrots, celery, chicken, green peppers, mushrooms, onions, spinach)</small> Vegetable Pasta	26 Vegetarian Mac & Cheese Veggies & Dip
REG LRG	REG VEG LRG	REG VEG LRG	REG VEG LRG	REG LRG
29 Baked Breaded Chicken Fingers Brown Rice Veggies & Dip	30 Beef Taco Whole Wheat Tortilla Romaine Lettuce	31 Whole Wheat Pasta with Creamy Basil Sauce Yummy Mediterranean Salad <small>(bell peppers, black beans, chickpeas, corn, cucumber, quinoa, spinach, tomatoes)</small>	1 Baked Chicken, Feta & Spinach Kafta Coconut Barley Veggies & Dip	2 CLOSED
REG VEG LRG	REG LRG	REG LRG	REG VEG LRG	

Circle the option for every meal chosen ***All meals come with a Fresh Fruit and a 100% Apple Juice box***

Step 1: Check your meal selection. **Step 2:** Circle: Regular/Vegetarian/Large Size **Step 3:** Please Print! Fill in the child's information

First: _____ **Last:** _____ **Phone:** _____

Camp Location: (Please Check): Beckett Farm Carnegie Christ The King Michaëlle Jean

Step 4: Number of days x price per meal. _____ days x \$6.00/Regular Meal = _____ + _____ days x \$7.15/Large Meal = _____

Total: \$ _____. _____ Make cheques payable to: **Yummy Catering Services Inc.** *Please inform us of any allergies*

Please take a photocopy, write down, or cut this portion off! My child ordered on (circle date):

2 3 4 5 8 9 10 11 12 15 16 17 18 19 22 23 24 25 26 29 30 31 1