

**KIDS CONNECTION
JULY CAMP
2022**

the healthy choice™

Monday			Tuesday			Wednesday			Thursday			Friday			
4 Baked Breaded Chicken Fingers Brown Rice Veggies & Dip			5 Beef Taco Whole Wheat Tortilla Romaine Lettuce			6 Whole Wheat Pasta with Creamy Basil Sauce Yummy Mediterranean Salad <small>(bell peppers, black beans, chickpeas, corn, cucumber, quinoa, spinach, tomatoes)</small>			7 Baked Chicken, Feta & Spinach Kafta Coconut Barley Veggies & Dip			8 Beef Burger Whole Wheat Bun Veggies & Dip			
REG	VEG	LRG	REG	LRG	REG	LRG	REG	LRG	REG	VEG	LRG	REG	VEG	LRG	
11 Chicken Mac & Cheese Veggies & Dip			12 Tri Colour Cheese Tortellini with Pureed Lentil Rose Sauce Salad			13 Meatballs with Tomato Sauce Cantonese Noodles Green Salad			14 Chicken Burgers Whole Wheat Bun Vegetable Medley			15 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	LRG	REG	LRG	REG	VEG	LRG	REG	LRG	REG	LRG
18 Beef Burger Whole Wheat Bun Veggies & Dip			19 Buckwheat Soba Noodle, Egg & Vegetable Stirfy <small>(bell peppers, broccoli, buckwheat soba noodles, carrots, celery, egg, green onions, lentils, zucchini)</small>			20 Baked Falafal Balls Whole Wheat Pita Pocket Romaine Lettuce			21 Lazy Lasagna <small>(bell peppers, celery, Mafalda pasta, onions, spinach, soy protein, tomatoes)</small> Veggies & Dip			22 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	LRG	REG	LRG	REG	VEG	LRG
25 Tri Colour Cheese Tortellini with Pureed Lentil Rose Sauce Salad			26 Baked Fish Wedge Sandwich Whole Wheat Bun Sunrise Veggie Mix <small>(green beans, orange & yellow carrots)</small>			27 Beef Meatballs with Tomato Sauce Brown Rice Veggies & Dip			28 Chicken Vegetable Italiano <small>(carrots, celery, chicken, green peppers, mushrooms, onions, spinach)</small> Vegetable Pasta			29 Vegetarian Mac & Cheese Veggies & Dip			
REG	VEG	LRG	REG	VEG	LRG	REG	VEG	LRG	REG	VEG	LRG	REG	LRG	REG	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 childs' 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):

4 5 6 7 8 11 12 13 14 15 18 19 20 21 22 25 26 27 28 29

1444 Dupont Street, Unit 12-13, Toronto Ont. M6P 4H3
Office: 416-532-5250 Toll Free: 1-866-34-YUMMY Webpage: www.yummycatering.ca