

# KIDS CONNECTION JULY CAMP 2024



Monday	Tuesday	Wednesday	Thursday	Friday	
<b>CANADA DAY!</b>	<b>2</b> Chicken Mac & Cheese Veggies & Dip	<b>3</b> Beef Burger Whole Wheat Bun Peas & Carrots	<b>4</b> Tri Colour Cheese Tortellini with Lentil Tomato Sauce Veggies & Dip  <b>REG</b> <b>LRG</b>  <b>SA: Picnic Lunch</b> (please select type of cold sandwich) Turkey      Cheese Chicken Bologna *on sub bun*	<b>5 Picnic Lunch</b> (please select type of cold sandwich) Turkey <input type="checkbox"/> Cheese <input type="checkbox"/> Chicken Bologna <input type="checkbox"/> *on bagel*	
	<b>REG</b> <b>VEG</b> <b>LRG</b>	<b>REG</b> <b>VEG</b> <b>LRG</b>	<b>REG</b> <b>VEG</b> <b>LRG</b>	<b>REG</b> <b>LRG</b>	<b>Picnic lunch includes:</b> sandwich, baby carrots, fruit, juice box
	<b>8</b> Chicken Mac & Cheese Salad	<b>9</b> Beef Meatballs w/ Gravy Whole Wheat Bun Mixed Vegetables	<b>10</b> Baked Chicken Strips Vegetable Barley Risotto (barley, corn, mushrooms, onions, peas)	<b>11</b> Spinach & Cheese Stuffed Medallions with a Roasted Red Pepper Lentil Cream Sauce Veggies & Dip	<b>12 Picnic Lunch</b> (please select type of cold sandwich) Turkey <input type="checkbox"/> Cheese <input type="checkbox"/> Chicken Bologna <input type="checkbox"/> *on sub bun*
<b>REG</b> <b>VEG</b> <b>LRG</b>	<b>REG</b> <b>VEG</b> <b>LRG</b>	<b>REG</b> <b>VEG</b> <b>LRG</b>	<b>REG</b> <b>LRG</b>	<b>Picnic lunch includes:</b> sandwich, baby carrots, fruit, juice box	
<b>15</b> Chow Mein, Chicken & Veggie Stirfry (bell peppers, cabbage, carrots, cauliflower, chicken, chow mein noodles, edamame, onions)	<b>16</b> Rustic Summer Turkey Chili Whole Wheat Home-Style Bread	<b>17</b> Chicken Meatballs with Tomato Sauce Vegetable Rotini Pasta Salad	<b>18</b> Baked Chicken Strips Whole Wheat Pita Broccoli & Cauliflower	<b>19 Picnic Lunch</b> (please select type of cold sandwich) Turkey <input type="checkbox"/> Cheese <input type="checkbox"/> Chicken Bologna <input type="checkbox"/> *on bagel*	
<b>REG</b> <b>VEG</b> <b>LRG</b>	<b>REG</b> <b>VEG</b> <b>LRG</b>	<b>REG</b> <b>VEG</b> <b>LRG</b>	<b>REG</b> <b>VEG</b> <b>LRG</b>	<b>Picnic lunch includes:</b> sandwich, baby carrots, fruit, juice box	
<b>22</b> Beef Meatballs with Tomato Sauce Vegetable Couscous (carrots, corn, couscous, leeks, peas)	<b>23</b> Breaded Chicken Burger Whole Wheat Bun Mixed Vegetables	<b>24</b> Tri Colour Cheese Tortellini with Rose Bean Sauce Veggies & Dip	<b>25</b> Zesty Lemon Chicken Medley (broccoli, chicken, eggplant, onion, pepper strips, zucchini) Brown Rice	<b>26 Picnic Lunch</b> (please select type of cold sandwich) Turkey <input type="checkbox"/> Cheese <input type="checkbox"/> Chicken Bologna <input type="checkbox"/> *on sub bun*	
<b>REG</b> <b>VEG</b> <b>LRG</b>	<b>REG</b> <b>VEG</b> <b>LRG</b>	<b>REG</b> <b>LRG</b>	<b>REG</b> <b>VEG</b> <b>LRG</b>	<b>Picnic lunch includes:</b> sandwich, baby carrots, fruit, juice box	
<b>29</b> Chicken Vegetable Teriyaki Brown Rice	<b>30</b> Chicken Mac & Cheese Veggies & Dip	<b>31</b> Beef Burger Whole Wheat Bun Peas & Carrots	<b>1</b> Tri Colour Cheese Tortellini with Lentil Tomato Sauce Veggies & Dip	<b>2 Picnic Lunch</b> (please select type of cold sandwich) Turkey <input type="checkbox"/> Cheese <input type="checkbox"/> Chicken Bologna <input type="checkbox"/> *on bagel*	
<b>REG</b> <b>VEG</b> <b>LRG</b>	<b>REG</b> <b>VEG</b> <b>LRG</b>	<b>REG</b> <b>VEG</b> <b>LRG</b>	<b>REG</b> <b>LRG</b>	<b>Picnic lunch includes:</b> sandwich, baby carrots, fruit, juice box	

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:** \_\_\_\_\_

**FDK Camp Location: (Please Check):** Carnegie  Christ The King  Black Walnut  Beckett Farm

**SCHOOL AGE Camp Location: (Please Check):** Michaelle Jean  Black Walnut  Beckett Farm

**Step 4:** Number of days x price per meal. \_\_\_\_\_ days x \$7.00/Regular Meal = \_\_\_\_\_ + \_\_\_\_\_ days x \$8.00/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   2