

## Au menu cette semaine



Campers week 1

Vegetarian option available upon request

Monday

Pizza c/o Mr. Mozzarella (cheese, vegetarian, or pepperoni).

Tuesday

Chicken fricassé with asparagus over pasta.

Wednesday

Pork slouvaki, tzatziki sauce, pita, greek salad (assembly required)

Thursday

Asian style ground beef and broccoli, sesame rice noodles.

Friday

Haddock fillet in coconut green curry sauce, Basmati rice.

Fresh fruit is served with every meal.

Desserts : As per my daily inspiration, but Friday ice cream

## Subject to change

## Au menu cette semaine



Campers week 4

Vegetarian option available upon request

Monday

Pizza (cheese, vegetarian, or pepperoni).

Tuesday

Beef, corn and beans chili, corn chips

Wednesday

Crispy iceberg topped with julienned ham, turkey, and old cheddar

Thursday

Roasted chicken, roasted potatoes, vegetable

Friday

Tuna sandwich on whole wheat bread, vegetable with homemade hummus dip

Fresh fruit is served with every meal.

Desserts : As per my daily inspiration, but Friday ice cream

## Subject to change

## Au menu cette semaine



Campers week 5

Vegetarian option available upon request

Monday

Pizza (cheese, vegetarian, or pepperoni).

Tuesday

Meat lover rigatoni pasta... (pasta version of a meat lover pizza)

Wednesday

Lemon garlic oregano grilled chicken, Ratatouille and couscous

Thursday

Sautéed beef with tomatoes and olives over basmati rice.

Friday

Grilled salmon salad over arugula or baby spinach or both (I have not decided yet)

Fresh fruit is served with every meal.

Desserts : As per my daily inspiration, but Friday ice cream

## Subject to change

## Au menu cette semaine



Campers week 6

Vegetarian option available upon request

Monday

Pizza (cheese, vegetarian, or pepperoni).

Tuesday

Chicken parmigiana, with spaghetti in tomato sauce

Wednesday

Bouillabaisse style fish stew (cod, tuna, aaddock, carrot celery onions, potatoes)

Thursday

Pasta and green salad (prosciutto, Genoa salami, black olives bococcine, provolone , tomatoes....)

Friday

House smoked beef brisket, herb baked sweet portages & corn on the cob

Fresh fruit is served with every meal.

Desserts : As per my daily inspiration, but Friday ice cream

## Subject to change