# cid:663A1AD9-1779-42CD-8C22-8D356A715B38@utsc.utoronto.ca Aramark Logo

# Lunch Menu (Scarborough Campus - Summer 2018)

# \*July 3-27 Camper Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\*Circle your meal plan week(s)

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|  (July 2)**CANADA DAY HOLIDAY** | Day 1 (July 3)**Chicken Fingers**w/Fries or Alternative Veggie MealTossed SaladJuice/Milk/WaterCheese & Crackers | Day 2 (July 4)**Mac & Cheese**Celery Sticks & DipJuice/Milk/WaterAssorted Whole Fruits  | Day 3 (July 5)**Spaghetti** (w/Meatballs *or* Tomato Sauce& Garlic BreadCaesar SaladJuice/Milk/WaterAssorted Pudding | Day 4 (July 6)**Pizza**(Pepperoni *or* Cheese)w/Potato WedgesVeggie Sticks & DipJuice/Milk/WaterAssorted Granola Bars |
| **Day 5** (July 9)**Hamburgers**(Beef *or* Veggie)Tossed SaladJuice/Milk/WaterAssorted Popsicles  | **Day 6** (July 10)**Lasagna**(Beef *or* Veggie)Garden SaladJuice/Milk/WaterAssorted Pudding  | Day 7 (July 11)**BBQ Chicken & Rice (***or*Veggie Stir-Fry and rice)Spring MixJuice/Milk/WaterFruit Cup | Day 8 (July 12)**Fish & Chips***or*Veggie Patty & Chips Potato SaladJuice/Milk/WaterCookies | **Day 9** (July 13)**Tacos**(Beef *or* Veggie)Veggie Sticks & DipJuice/Milk/WaterAssorted Jell-O |
| **Day 10** (July 16)**Mac & Cheese**Celery Sticks & DipJuice/Milk/WaterAssorted Whole Fruits  | **Day 11** (July 17)**Hotdogs**(Beef *or* Veggie)Garden SaladJuice/Milk/WaterRice Krispy’s | **Day 12** (July 18)**Pizza**(Pepperoni *or* Cheese)w/Potato WedgesVeggie Sticks & DipJuice/Milk/WaterAssorted Cookies  | **Day 13** (July 19)**Sub-Sandwiches**(Cold Cut Meats *or* Grilled Veggies)Spring MixJuice/Milk/WaterAssorted Ice-cream  | **Day 14** (July 20)**Hamburgers**(Beef *or* Veggie)Tossed SaladJuice/Milk/WaterAssorted Popsicles  |
| **Day 15** (July 23)**Hotdogs**(Beef *or* Veggie) Garden SaladJuice/Milk/WaterAssorted Ice-cream  | **Day 16** (July 24)**Chicken Fingers** w/Fries or Veggiealternative Veggie Sticks & DipJuice/Milk/WaterAssorted Popsicles  | Day 17 (July 25)**Fish & Chips***Or* Veggie Patty & Chips Potato SaladJuice/Milk/WaterAssorted Pudding  | **Day 18** (July 26)**Sloppy Joe’s** or Veggie alternativeTossed SaladJuice/Milk/WaterAssorted Whole Fruit | **Day 19** (July 27)**Pizza**(Pepperoni *or* Cheese)Garden SaladJuice/Milk/WaterAssorted Jell-O |

 **SPECIAL DIETARY RESTRICTIONS:** DAIRY INTOLERANCE\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ FOOD ALLERGIES\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ OTHER\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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# Lunch Menu (Scarborough Campus - Summer 2018)

# \*July 30 – Aug 24 Camper Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\*Circle your meal plan week(s)

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| Day 20 (July 30)**Hamburgers**(Beef *or* Veggie)Tossed SaladJuice/Milk/WaterAssorted Popsicles  | Day 21 (July 31)**Chicken Fingers**w/Fries or Alternative Veggie MealTossed SaladJuice/Milk/WaterCheese & Crackers | Day 22 (Aug 1)**Fish & Chips***or* Veggie Patty & ChipsPotato SaladJuice/Milk/WaterYogurt Parfait | Day 23 (Aug 2)**Spaghetti** (w/Meatballs *or* Tomato Sauce& Garlic BreadCaesar SaladJuice/Milk/WaterAssorted Pudding  | Day 24 (Aug 3)**Pizza**(Pepperoni *or* Cheese)w/Potato WedgesVeggie Sticks & DipJuice/Milk/WaterAssorted Cookies |
| (Aug 6)**CIVIC DAY HOLIDAY** | **Day 25** (Aug 7)**Sloppy Joe’s** or Veggie alternativeTossed SaladJuice/Milk/WaterAssorted Whole Fruit | Day 26 (Aug 8)**BBQ Chicken & Rice (***or*Veggie Stir-Fry and rice)Spring MixJuice/Milk/WaterCheese & Crackers | Day 27 (Aug 9)**Mac & Cheese**with Potato SaladCelery Sticks & DipJuice/Milk/WaterFruit Cup | **Day 28** (Aug 10)**Tacos**(Beef *or* Veggie)Veggie Sticks & DipJuice/Milk/WaterAssorted Jell-O |
| **Day 29** (Aug 13)**Chicken Burgers***or*Veggie BurgersGarden SaladJuice/Milk/WaterAssorted Yogurt  | **Day 30** (Aug 14)**Hotdogs**(Beef *or* Veggie)Garden SaladJuice/Milk/WaterRice Krispy’s | **Day 31** (Aug 15)**Sheppard’s Pie**(w/beef, carrots, peas, corn &potatoes)or Veggie PieBread rollsJuice/Milk/WaterApple Crumble | **Day 32** (Aug 16)**Lasagna**(Beef *or* Veggie)Garden SaladJuice/Milk/WaterAssorted Pudding  | **Day 33** (Aug 17)**Hamburgers**(Beef *or* Veggie)Tossed SaladJuice/Milk/WaterAssorted Popsicles  |
| **Day 34** (Aug 20)**Hotdogs**(Beef *or* Veggie) Garden SaladJuice/Milk/WaterAssorted Ice cream | **Day 35** (Aug 21)**Chicken Fingers** w/Fries or Veggiealternative Veggie Sticks & DipJuice/Milk/WaterAssorted Popsicles | Day 36 (Aug 22)**Fish & Chips**Or Veggie Patty & ChipsPotato SaladJuice/Milk/WaterAssorted Pudding | **Day 37** (Aug 23)**Sub-Sandwiches**(Cold Cut Meats *or* Grilled Veggies)Spring MixJuice/Milk/WaterAssorted Ice-cream | **Day 38** (Aug 24)**Pizza**(Pepperoni *or* Cheese)Garden SaladJuice/Milk/WaterAssorted Jell-O |

 **SPECIAL DIETARY RESTRICTIONS:** DAIRY INTOLERANCE\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ FOOD ALLERGIES\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ OTHER\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_