# 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 Meal  Tossed Salad  Juice/Milk/Water  Cheese & Crackers | Day 2 (July 4) **Mac & Cheese**  Celery Sticks & Dip  Juice/Milk/Water  Assorted Whole Fruits | Day 3 (July 5) **Spaghetti**  (w/Meatballs *or* Tomato Sauce  & Garlic Bread  Caesar Salad  Juice/Milk/Water  Assorted Pudding | Day 4 (July 6) **Pizza**  (Pepperoni *or* Cheese)  w/Potato Wedges  Veggie Sticks & Dip  Juice/Milk/Water  Assorted Granola Bars |
| **Day 5** (July 9)  **Hamburgers**  (Beef *or* Veggie)  Tossed Salad  Juice/Milk/Water  Assorted Popsicles | **Day 6** (July 10)  **Lasagna**  (Beef *or* Veggie)  Garden Salad  Juice/Milk/Water  Assorted Pudding | Day 7 (July 11) **BBQ Chicken & Rice (***or*Veggie Stir-Fry and rice)  Spring Mix  Juice/Milk/Water  Fruit Cup | Day 8 (July 12) **Fish & Chips**  *or*  Veggie Patty & Chips  Potato Salad  Juice/Milk/Water  Cookies | **Day 9** (July 13)  **Tacos**  (Beef *or* Veggie)  Veggie Sticks & Dip  Juice/Milk/Water  Assorted Jell-O |
| **Day 10** (July 16)  **Mac & Cheese**  Celery Sticks & Dip  Juice/Milk/Water  Assorted Whole Fruits | **Day 11** (July 17)  **Hotdogs**  (Beef *or* Veggie) Garden SaladJuice/Milk/Water Rice Krispy’s | **Day 12** (July 18)  **Pizza**  (Pepperoni *or* Cheese)  w/Potato Wedges  Veggie Sticks & Dip  Juice/Milk/Water  Assorted Cookies | **Day 13** (July 19)  **Sub-Sandwiches**  (Cold Cut Meats *or* Grilled Veggies)  Spring Mix  Juice/Milk/Water  Assorted Ice-cream | **Day 14** (July 20)  **Hamburgers**  (Beef *or* Veggie)  Tossed Salad  Juice/Milk/Water  Assorted Popsicles |
| **Day 15** (July 23)  **Hotdogs**  (Beef *or* Veggie)    Garden Salad  Juice/Milk/Water  Assorted Ice-cream | **Day 16** (July 24)  **Chicken Fingers** w/Fries or Veggie  alternative  Veggie Sticks & Dip  Juice/Milk/Water  Assorted Popsicles | Day 17 (July 25) **Fish & Chips**  *Or* Veggie Patty & Chips  Potato Salad  Juice/Milk/Water  Assorted Pudding | **Day 18** (July 26)  **Sloppy Joe’s** or Veggie alternative  Tossed Salad  Juice/Milk/Water  Assorted Whole Fruit | **Day 19** (July 27)  **Pizza**  (Pepperoni *or* Cheese)  Garden Salad  Juice/Milk/Water  Assorted 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 Salad  Juice/Milk/Water  Assorted Popsicles | Day 21 (July 31) **Chicken Fingers**  w/Fries or Alternative Veggie Meal  Tossed Salad  Juice/Milk/Water  Cheese & Crackers | Day 22 (Aug 1) **Fish & Chips**  *or*  Veggie Patty & Chips  Potato Salad  Juice/Milk/Water  Yogurt Parfait | Day 23 (Aug 2) **Spaghetti**  (w/Meatballs *or* Tomato Sauce  & Garlic Bread  Caesar Salad  Juice/Milk/Water  Assorted Pudding | Day 24 (Aug 3) **Pizza**  (Pepperoni *or* Cheese)  w/Potato Wedges  Veggie Sticks & Dip  Juice/Milk/Water  Assorted Cookies |
| (Aug 6)  **CIVIC DAY HOLIDAY** | **Day 25** (Aug 7)  **Sloppy Joe’s** or Veggie alternative  Tossed Salad  Juice/Milk/Water  Assorted Whole Fruit | Day 26 (Aug 8) **BBQ Chicken & Rice (***or*Veggie Stir-Fry and rice)  Spring Mix  Juice/Milk/Water  Cheese & Crackers | Day 27 (Aug 9) **Mac & Cheese**  with Potato Salad  Celery Sticks & Dip  Juice/Milk/Water  Fruit Cup | **Day 28** (Aug 10)  **Tacos**  (Beef *or* Veggie)  Veggie Sticks & Dip  Juice/Milk/Water  Assorted Jell-O |
| **Day 29** (Aug 13)  **Chicken Burgers**  *or*  Veggie Burgers  Garden Salad  Juice/Milk/Water  Assorted Yogurt | **Day 30** (Aug 14)  **Hotdogs**  (Beef *or* Veggie) Garden SaladJuice/Milk/Water Rice Krispy’s | **Day 31** (Aug 15)  **Sheppard’s Pie**  (w/beef, carrots, peas, corn &potatoes)or Veggie Pie  Bread rolls  Juice/Milk/Water  Apple Crumble | **Day 32** (Aug 16)  **Lasagna**  (Beef *or* Veggie)  Garden Salad  Juice/Milk/Water  Assorted Pudding | **Day 33** (Aug 17)  **Hamburgers**  (Beef *or* Veggie)  Tossed Salad  Juice/Milk/Water  Assorted Popsicles |
| **Day 34** (Aug 20)  **Hotdogs**  (Beef *or* Veggie)    Garden Salad  Juice/Milk/Water  Assorted Ice cream | **Day 35** (Aug 21)  **Chicken Fingers** w/Fries or Veggie  alternative  Veggie Sticks & Dip  Juice/Milk/Water  Assorted Popsicles | Day 36 (Aug 22) **Fish & Chips**  Or Veggie Patty & Chips  Potato Salad  Juice/Milk/Water  Assorted Pudding | **Day 37** (Aug 23)  **Sub-Sandwiches**  (Cold Cut Meats *or* Grilled Veggies)  Spring Mix  Juice/Milk/Water  Assorted Ice-cream | **Day 38** (Aug 24)  **Pizza**  (Pepperoni *or* Cheese)  Garden Salad  Juice/Milk/Water  Assorted Jell-O |

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