

Summer Camp Menu

Dear Parent,

We, at Chartwells, have ~~substantially changed our Camp Menus.~~ In an effort to help children make healthier choices more often we are encouraging "better-for-you" food and beverage options by including more grains, fruit and vegetables. Foods are also prepared with significantly less fat. These meals represent our commitment to focus on healthy choices and are meant to contribute to a healthy lifestyle.



We hope you enjoy your "camping experience" with us and we would be interested in any feedback you have to offer. Your comments can be sent to Chartwells@dc-uoit.ca.

Sincerely,
Chartwells

Lunch Menu

MONDAY	Hamburger with Fries or Salad and Mini Cookies
TUESDAY	Pizza with veggies & Dip, Pudding
WEDNESDAY	Spaghetti & Meat Sauce with Salad and Fresh Fruit
THURSDAY	Chicken Nuggets with Salad or Fries and Rice Krispies Square
FRIDAY	BBQ Hot Dog with Potato Chips and Fresh Fruit

All lunches come with a juice or small milk

Meal prices are \$28.50 per week including taxes. Daily meals are \$6.25 including taxes. Campers must show their cards as proof of purchase at the South Village Dining Hall to receive their lunch.

Name: _____

Camp Name: _____

Camp Meal Plan: Please select the plan you are purchasing

- | | | | | | | | |
|---|--|--|---|---|--|--|--|
| <input type="checkbox"/> Weekly Meal Plan \$28.50 | <input type="checkbox"/> Daily Meal Plan:
Please choose the days
you would like Chartwells
to serve | <input type="checkbox"/> Monday \$6.25 | <input type="checkbox"/> Tuesday \$6.25 | <input type="checkbox"/> Wednesday \$6.25 | <input type="checkbox"/> Thursday \$6.25 | <input type="checkbox"/> Friday \$6.25 | <input type="checkbox"/> No Meal Plan,
Thank you! |
|---|--|--|---|---|--|--|--|

Please make cheque payable to Compass Group Canada

