

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	Pizza with veggies & Dip, Pudding
TUESDAY	Hamburger with Fries or Salad and Mini Cookies
WEDNESDAY	Grilled Cheese with Salad and Fresh Fruit
THURSDAY	Chicken Nuggets with Salad, Fries and Rice Krispies Square
FRIDAY	FREE BBQ Hot Dog with Potato Chips and Small Beverage

All lunches come with a juice or small milk

Meal prices are \$23.00 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

Weekly Meal Plan \$23.00

Daily Meal Plan:
Please choose the days
you would like Chartwells
to serve

- Monday \$6.25
- Tuesday \$6.25
- Wednesday \$6.25
- Thursday \$6.25
- Friday Free BBQ

No Meal Plan,
Thank you!



Please make cheque payable to Compass Group Canada