

MOOREDALE CAMP LUNCH MENU JULY 2022

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY |
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| | | | |
| 4 | 5 | 6 | 7 |
| Penne with ground beef/ (V) tomato sauce, garlic bread, green salad | Baked white meat chicken fingers, potatoes, carrots & cucumber (V = soy sticks) | Breaded chicken burgers on whole wheat rolls, & Caesar salad (V = veggie patties) | Honey garlic meatballs with cauliflower rice, veggies & dip (V = falafel balls) |
| 11 | 12 | 13 | 14 |
| Cheese quesadillas, with nacho chips and salsa | Fusilli with meatballs or (V) tomato sauce, french loaf & salad | Baked chicken nuggets, Caesar salad, carrots & cucumbers (V=chick'n bites) | Burgers with potatoes and veggies with ranch dip (V = veggie patties) |
| 18 | 19 | 20 | 21 |
| Honey garlic meatballs with cauliflower rice, veggies & dip (V = falafel balls) | Penne with ground beef or (V) tomato sauce, garlic bread, green salad | Tacos (beef or soy (V)) with soft shells, lettuce, salsa and nacho chips | Baked white meat chicken fingers, potatoes, carrots & cucumber (V = soy sticks) |
| 25 | 26 | 27 | 28 |
| Baked chicken nuggets, chips, & Caesar salad (V=chick'n bites) | All Day Breakfast Pancakes, chicken sausage, home fries (V = veg sausage) | Burgers with potatoes and veggies with ranch dip (V = veggie patties) | Fusilli with meatballs or (V) tomato sauce, french loaf & green salad |
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MEALS ARE ALL SERVED WITH A DAILY FRESH FRUIT & RAW VEGETABLE, PLUS SALAD AS ABOVE.

ALL FOOD IS PREPARED IN OUR NUT, SEED AND PORK FREE KITCHEN.

(V) =VEGETARIAN/VEGAN. GLUTEN, DAIRY OR EGG FREE MEALS AVAILABLE UPON REQUEST.

Children are welcome to come for seconds!!!

TLM (The Lunch Mom) Catering Inc.

