

MDC CAMP LUNCH MENU JULY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
30	1	2	3
Penne with ground beef/ (V) tomato sauce, garlic bread, green salad	Cheese quesadillas, with nacho chips and salsa	Burgers with potatoes and veggies with ranch dip (V = veggie patties)	Honey garlic meatballs with cauliflower rice, veggies & dip (V = falafel balls)
7	8	9	10
Breaded chicken burgers on whole wheat rolls, & Caesar salad (V = veggie patties)	Fusilli with meatballs or (V) tomato sauce, french loaf & salad	Baked chicken nuggets, Caesar salad, carrots & cucumbers (V=chick'n bites)	Tacos (beef or soy (V)) with soft shells, lettuce, salsa and nacho chips
14	15	16	17
Honey garlic meatballs with cauliflower rice, veggies & dip (V = falafel balls)	Penne with ground beef or (V) tomato sauce, garlic bread, green salad	Baked white meat chicken fingers, potatoes, carrots & cucumber (V = soy sticks)	Burgers with potatoes and veggies with ranch dip (V = veggie patties)
21	22	23	24
Baked chicken nuggets, chips, & Caesar salad (V=chick'n bites)	Rice Bowl - Rice with ground beef, cheese, lettuce and salsa options. (V = veg ground)	Fusilli with meatballs or (V) tomato sauce, french loaf & green salad	Breaded chicken burgers on whole wheat rolls, & green salad (V = veggie patties)
28	29	30	31
Baked white meat chicken fingers, potatoes, & carrots (V = soy sticks)	Penne with ground beef/ (V) tomato sauce, garlic bread, green salad	Breaded chicken burgers on whole wheat rolls, & Caesar salad (V = veggie patties)	Honey garlic meatballs with cauliflower rice, veggies & dip (V = falafel balls)

MEALS ARE ALL SERVED WITH A DAILY FRESH FRUIT & RAW VEGETABLE, PLUS ASSORTED DAILY SALADS.

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.



