

# MDC CAMP LUNCH MENU JULY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>29</b>	<b>30</b>	<b>1</b>	<b>2</b>
Penne with ground beef/ (V) tomato sauce, garlic bread, green salad	Cheese quesadillas, with nacho chips and salsa	<b>NO CAMP TODAY HAPPY CANADA DAY</b>	Honey garlic meatballs with cauliflower rice, veggies & dip  (V = falafel balls)
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
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
<b>FIELD TRIP 13</b>	<b>14</b>	<b>15</b>	<b>16</b>
Burgers with chips and veggies with ranch dip  (V = veggie patties)	Penne with ground beef or (V) tomato sauce, garlic bread, green salad	Baked white meat chicken fingers, potatoes, carrots & cucumber  (V = soy sticks)	Honey garlic meatballs with cauliflower rice, veggies & dip  (V = falafel balls)
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
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)

**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.**

