

# MOOREDALE CAMP LUNCH MENU AUGUST 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>31</b>	<b>1</b>	<b>2</b>	<b>3</b>
Fusilli with meatballs or (V) tomato sauce, french loaf & green salad	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)
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
<b>NO CAMP TODAY</b>	Cheese quesadillas, with nacho chips and salsa	Baked chicken nuggets & Caesar salad (V=chick'n bites)	Burgers with potatoes and veggies with ranch dip  (V = veggie patties)
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
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  (V = soy sticks)
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
Baked chicken nuggets, chips, Ceasar salad (V=chick'n bites)	Cheese quesadillas, with nacho chips and salsa	Breaded chicken burgers on whole wheat rolls, & Caesar salad  (V = veggie patties)	Fusilli with meatballs or (V) tomato sauce, french loaf & green salad

**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.**

