

MOOREDALE CAMP LUNCH MENU JULY 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
3	4	5	6
Baked white meat chicken fingers, potatoes, carrots & cucumber (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)
10	11	12	13
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)
17	18	19	20
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)
24	25	26	27
Baked chicken nuggets, chips, & Caesar salad (V=chick'n bites)	All Day Breakfast Pancakes, chicken sausage, home fries (V = veg sausage)	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 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.

