



Trafalgar Castle Summer Camp Draft Menu 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Weeks #1,3,5,7 Lunch 11:45	Chicken Nuggets Plum Dip Veggie Stix Curly Fries	Cheese Pizza Caesar Salad	Beef Burgers Potato Chips Tomato/Lettuce	Penne/Tomato Sauce Garlic Bread Caesar Salad	Perogies Sour Cream Carrot/Celery Sticks
Weeks #2,4, 6,8 Lunch 11:45	Chicken Nuggets Plum Dip Veggie Stix Curly Fries	Mac & Cheese House Salad	Cheese Pizza Caesar Salad	Grilled Cheese Sandwiches Carrot Sticks	Beef Burgers Potato Chips Tomato/Lettuce
Vegetarian	Vegetarian Protein Nuggets	Wk 1 Roasted Veggie Flatbread Wk 2 Pasta Primavera	Wk 1 Black Bean Burgers Wk 2 Roasted Veggie Flatbread	Wk 1 Penne Wk 2 Hummus Wrap	Wk 1 Gnocci Wk 2 Black Bean Bugers
Dessert	Cookies	Brownies	Banana Squares	Ice Cream Cups	Rice Krispie Squares
10:30 Snack	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
1:50 Snack	Freezies Popsicles Fresh Fruit	Freezies Popsicles Fresh Fruit	Freezies Popsicles Fresh Fruit	Freezies Popsicles Fresh Fruit	Freezies Popsicles Fresh Fruit

Also available daily: Green Salad, Veggies and Sandwiches

Week #1	July 2 - 5*	Week #5	July 29 - Aug 2
Week #2	July 8 - 12	Week #6	August 6 - 9*
Week #3	July 15 - 19	Week #7	August 12 - 16
Week #4	July 22 - 26	Week #8	August 19 - 23

***4 day week**