



Brock University

Youth University Summer Camp 2014 menu All you care to eat



Day	Monday	Tuesday	Wednesday	Thursday	Fab Friday
Main Dish	Pierogi with bacon & onion, Pierogi with onion	Pepperoni cheese pizza, Vegetable pizza	Whole wheat pasta Meat sauce, marinara sauce	Whole wheat chicken or vegetable fajitas	Chicken nuggets
Side	Sunshine mixed vegetables	Carrots & celery	Garlic bread	Mexican rice	French fries
Fruit selection	Whole fruit Canned peaches	Whole fruit Canned fruit cocktail	Whole fruit Canned pears	Whole fruit Canned peaches	Whole fruit Canned fruit cocktail

Everyday		
Salad Bar	Healthy Option	Beverages
Lettuce Cucumbers Green Peppers Onions Tomatoes	Veggie Tray Whole Fruit Canned Fruit Italian Dressing Ranch Dressing	Milk Fruit Punch Lemonade Ice Water