

MAYFAIR CLUBS CAMP MENU

WINTER HOLIDAY, MARCH BREAK AND SUMMER CAMPS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ENTRÉE	Grilled Chicken Wrap Whole wheat wrap filled with grilled 4oz chicken breast, lettuce, tomatoes, ranch dressing	Beef Sliders (2 pcs) Mini beef burgers	Spaghetti Beef Bolognese Spaghetti with marinara, ground beef, cheese	Chicken Teriyaki Bowl Grilled 4oz chicken breast with teriyaki sauce over rice and broccoli	Chicken Fingers (3 pcs) 3 crispy breaded chicken strips
	— OR —	— OR —	— OR —	— OR —	— OR —
	Chicken Fingers (3 pcs) 3 crispy breaded chicken strips	Chicken Skewer (2 pcs) & Caesar Salad 2 grilled chicken breast skewers, romaine lettuce, Caesar dressing, croutons	Mac & Cheese Creamy macaroni with cheese	Grilled Cheese Melted cheese on toasted bread served with fries & veggie sticks	Beef Sliders (2 pcs) Mini beef burgers
VEGETARIAN	Vegetable Fried Rice Rice stir-fried with vegetables (no egg)	Falafel Wrap Whole wheat tortilla filled with lettuce, tomato, ranch	Vegetarian Stir Fry Noodles stir-fried with vegetables	Falafel & Garden Salad Falafel, cucumber, red onion & tomato with balsamic dressing	Vegetable Fried Rice Rice stir-fried with vegetables (no egg)
GLUTEN-FREE	BBQ Chicken Skewers (2 pcs) 2 chicken breast skewers with BBQ sauce	Falafel & Garden Salad Falafel, cucumber, red onion & tomato with balsamic dressing	Gluten-Free Penne Beef Bolognese Penne with marinara, ground beef, cheese	Gluten-Free Grilled Cheese Melted cheese on toasted gluten-free bread served with fries & veggie sticks	BBQ Chicken Skewers (2 pcs) 2 chicken breast skewers with BBQ sauce
SIDE (CHOICE OF ONE)	Fries	Welch's Fruit Snacks (Nut-Free • Not Vegetarian)	Welch's Fruit Snacks (Nut-Free • Not Vegetarian)	Welch's Fruit Snacks (Nut-Free • Not Vegetarian)	Fries
	— OR —	— OR —	— OR —	— OR —	— OR —
	Veggie Sticks	Made Good Chocolate Chip Granola Bar (Vegetarian • Kosher • Nut Free)	Made Good Chocolate Chip Granola Bar (Vegetarian • Kosher • Nut Free)	Made Good Chocolate Chip Granola Bar (Vegetarian • Kosher • Nut Free)	Veggie Sticks
DRINKS	Chocolate Milk 2% Milk Apple Juice Orange Juice Cranberry Juice Water				

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Please note: Once lunch selections are submitted, they are final and cannot be changed to ensure accurate ordering and preparation.

INGREDIENTS

LIST FOR KIDS CAMP MAINS

ITEM	NAME	INGREDIENTS	DIETARY NOTES
Snack	Welch's Fruit Snacks	Whole Fruit Puree (Grape, Peach, Orange, Strawberry, and Raspberry), Corn Syrup, Sugar, Modified Corn Starch, Gelatin, Grape Juice Concentrate, Citric Acid (Acidulant), Lactic Acid, Natural and Artificial Flavors, Ascorbic Acid (Vitamin C), Alpha Tocopherol Acetate (Vitamin E), Vitamin A Palmitate, Carnauba Wax, Annatto (Color), Turmeric (Color), Fruit and Vegetable Juice (Color).	GLUTEN FREE, NUT FREE
Snack	Made Good Chocolate Chip Granola Bar	Pure Gluten Free Oats*, Sugars* (agave Syrup*, Brown Rice Syrup*, Invert Cane Syrup*), Chocolate Chips* (cane Sugar*, Unsweetened Chocolate*, Cocoa Butter*), Sunflower Oil*, Brown Rice Crisps*, Vegetable Extracts (spinach, Broccoli, Carrots, Tomatoes, Beets, Shiitake Mushrooms), Natural Flavour*, Agar*, Salt. *Organic.	GLUTEN FREE, KOSHER, LACTOSE FREE, NUT FREE, VEGAN
Side (Clear Coated Fries) <i>Lakeshore Only</i>	Fries	Potatoes, Vegetable Oil (Soybean Oil and/or Canola Oil), Wheat Flour, Modified Corn Starch, Rice Flour, Yellow Corn Meal, Salt, Baking Powder, Malted Barley Flour, Guar Gum, Dextrose, Sodium Acid Pyrophosphate (to Help Retain Colour)	CONTAINS: WHEAT, BARLEY
Side (Fresh Cut Fries) <i>Parkway & West</i>	Fries	Potatoes, Vegetable Oil (Canola Or Soya), Sodium Acid Pyrophosphate, Dextrose.	GLUTEN FREE, HALAL, KOSHER, LACTOSE FREE, VEGETARIAN, VEGAN
Side (Ranch & Veggie sticks)	Buttermilk Ranch Dressing	Soybean Oil, Water, Buttermilk, White Vinegar, Sugar, Salt, Frozen Egg Yolk, Modified Milk Ingredients, Maltodextrin, Dehydrated Garlic, Dehydrated Onion, Phosphoric Acid, Xanthan Gum, Spices, Potassium Sorbate, Dehydrated Parsley, Calcium Disodium Edta, Citric Acid.	
	Vegetable Sticks	Celery, Carrots.	
Grilled Chicken Wrap	Chicken Skewer/ Chicken Souvlaki	Chicken Breast, Water, Canola Oil, Flavor (cornstarch, Dehydrated Turkey Broth, Dextrose, Spice Extracts, Corn Syrup Solids, Sodium Phosphate) Red Cooking Wine (salt, Sulphites) Onion Powder, Sea Salt, Concentrate Lemon Juice, Oranges, Garlic Powder, Spices	GLUTEN FREE/ CONTAINS: SULPHITES
	Buttermilk Ranch Dressing	Soybean Oil, Water, Buttermilk, White Vinegar, Sugar, Salt, Frozen Egg Yolk, Modified Milk Ingredients, Maltodextrin, Dehydrated Garlic, Dehydrated Onion, Phosphoric Acid, Xanthan Gum, Spices, Potassium Sorbate, Dehydrated Parsley, Calcium Disodium EDTA, Citric Acid.	
	Tortilla Wrap Flour Whole Wheat 12 in	Wheat Flour, Whole Wheat Flour, Water, Canola Oil, Salt, Soybean Oil, Mono- And Diglycerides, Sodium Acid Pyrophosphate, Calcium Propionate, Potassium Sorbate, Potassium Bicarbonate, Calcium Lactate, Fumaric Acid, Potassium Chloride, Seasoning (autolyzed Yeast, Ammonium Chloride), Guar Gum, Monocalcium Phosphate, L-cysteine Hydrochloride, Amylase.	KOSHER, VEGAN
	Other Ingredients	Romaine Lettuce, Tomatoes.	
Chicken Fingers	Chicken Fingers	Chicken Breast, Enriched Wheat Flour, Water, Modified Tapioca Starch, Corn Starch, Palm Oil, Wheat Starch, Salt, Autolyzed Yeast Extract, Spices And Spice Extracts, Sunflower Oil, Rice Flour, Leavening (Sodium Acid Pyrophosphate, Sodium Carbonate, Sodium Bicarbonate), Sugars (Sugar, Dextrose), Garlic And Onion Powder, Citric Acid, Natural Flavor.	HALAL
	Plum Sauce	Sugars (Sugar/Glucose-Fructose, Plum, Apricot, Blackstrap Molasses), Water, Vinegar, Modified Corn Starch, Salt, Soy Sauce (Water, Wheat, Soybeans, Salt, Sodium Benzoate), Red Pepper Puree, Ascorbic Acid, Sodium Benzoate, Spices, Citric Acid.	CONTAINS SOY

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Vegetable Fried Rice (Vegetarian)	Teriyaki Sauce	Soy Sauce (Water, Soybeans, Wheat, Salt), Wine, Sugar, Water, Salt, Vinegar, Sodium Benzoate (Less Than 1/10 of 1% as a Preservative), Onion Powder, Natural Flavors, Succinic Acid, Garlic Powder.	MAY CONTAIN CRUSTACEAN, SESAME, MILK, EGGS, PEANUTS, SHELLFISH
	Sella Basmati Rice	Basmati Rice.	
	Other Ingredients	Peas, Carrots, Onion, Bell Pepper.	
BBQ Chicken Skewer	Chicken Skewer/ Chicken Souvlaki	Chicken Breast, Water, Canola Oil, Flavor (Cornstarch, Dehydrated Turkey Broth, Dextrose, Spice Extracts, Corn Syrup Solids, Sodium Phosphate), Red Cooking Wine (Salt, Sulphites), Onion Powder, Sea Salt, Concentrated Lemon Juice, Oranges, Garlic Powder, Spices. Contains: Sulphites.	GLUTEN FREE
	Barbeque Grill Sauce	Glucose-Fructose, Water, Tomato Purée (Water, Tomato Paste), Vinegar, Sugar, Salt, Modified Corn Starch, Dehydrated Garlic and Onion, Blackstrap Molasses, Canola Oil, Spices (Contain Mustard Powder), Natural Colour, Sodium Benzoate (To Ensure Freshness), Xanthan Gum, Natural Smoke Flavour.	
Chicken Stir Fry (Noodles)	Chicken Skewer/ Chicken Souvlaki	Chicken Breast, Water, Canola Oil, Flavor (cornstarch, Dehydrated Turkey Broth, Dextrose, Spice Extracts, Corn Syrup Solids, Sodium Phosphate) Red Cooking Wine (salt, Sulphites) Onion Powder, Sea Salt, Concentrate Lemon Juice, Oranges, Garlic Powder, Spices contains: Sulphites.	GLUTEN FREE
	Teriyaki Sauce	Soy Sauce (Water, Soybeans, Wheat, Salt), Wine, Sugar, Water, Salt, Vinegar, Sodium Benzoate (Less Than 1/10 of 1% as a Preservative), Onion Powder, Natural Flavors, Succinic Acid, Garlic Powder.	MAY CONTAIN CRUSTACEAN, SESAME, MILK, EGGS, PEANUTS, SHELLFISH
	Spaghetti	Durum Wheat Semolina, Niacin, Ferrous Sulphate, Thiamine Mononitrate, Riboflavin, Folic Acid.	
	Other Ingredients	Peas, Carrots, Onion, Bell Pepper.	
Chicken Skewer & Caesar Salad	Chicken Skewer/ Chicken Souvlaki	Chicken Breast, Water, Canola Oil, Flavor (Cornstarch, Dehydrated Turkey Broth, Dextrose, Spice Extracts, Corn Syrup Solids, Sodium Phosphate), Red Cooking Wine (Salt, Sulphites), Onion Powder, Sea Salt, Concentrated Lemon Juice, Oranges, Garlic Powder, Spices.	GLUTEN FREE/ CONTAINS SULPHITES
	Caesar Dressing	Soybean Oil, Water, White Vinegar, Frozen Egg Yolk, Parmesan and Romano Cheeses, Salt, Seasonings, Dehydrated Garlic, Red Wine Vinegar, Concentrated Lemon Juice, Spice, Extra Virgin Olive Oil, Anchovies, Xanthan Gum, Roasted Garlic, Olive Oil, Calcium Disodium EDTA, Citric Acid, Potassium Sorbate.	

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Falafel Wrap (Vegetarian)	Falafel	Chick Peas, Water, Canola/Sunflower Oil, Chickpea Flour, Potato Flakes (Potatoes, Mono- and Diglycerides, Sodium Acid Pyrophosphate, Citric Acid), Baking Powder, Salt, Onion Powder, Garlic Powder, Sugars (Dextrose), Dextrin, Chicory Root Fibers (Inulin), Powdered Cellulose, Spices. Fried in Canola/Sunflower Oil.	GLUTEN FREE, KOSHER, VEGETARIAN)
	Buttermilk Ranch Dressing	Soybean Oil, Water, Buttermilk, White Vinegar, Sugar, Salt, Frozen Egg Yolk, Modified Milk Ingredients, Maltodextrin, Dehydrated Garlic, Dehydrated Onion, Phosphoric Acid, Xanthan Gum, Spices, Potassium Sorbate, Dehydrated Parsley, Calcium Disodium EDTA, Citric Acid.	
	Tortilla Wrap Flour Whole Wheat 12 in	Wheat Flour, Whole Wheat Flour, Water, Canola Oil, Salt, Soybean Oil, Mono- And Diglycerides, Sodium Acid Pyrophosphate, Calcium Propionate, Potassium Sorbate, Potassium Bicarbonate, Calcium Lactate, Fumaric Acid, Potassium Chloride, Seasoning (autolyzed Yeast, Ammonium Chloride), Guar Gum, Monocalcium Phosphate, L-cysteine Hydrochloride, Amylase.	KOSHER, VEGAN
	Other Ingredients	Romaine Lettuce, Cucumbers, Tomatoes, Red Onion.	
Falafel & Garden Salad	Falafel	Chick Peas, Water, Canola/Sunflower Oil, Chickpea Flour, Potato Flakes (Potatoes, Mono- and Diglycerides, Sodium Acid Pyrophosphate, Citric Acid), Baking Powder, Salt, Onion Powder, Garlic Powder, Sugars (Dextrose), Dextrin, Chicory Root Fibers (Inulin), Powdered Cellulose, Spices. Fried in Canola/Sunflower Oil.	GLUTEN FREE, KOSHER, VEGETARIAN)
	Garden Salad	Cucumber, Red Onion, Tomatoes.	
	Balsamic Dressing	Gluten-Free Water, Soybean And Extra Virgin Olive Oil, Balsamic Vinegar (wine Vinegar, Concentrated Grape Must, Colour), Sugar, Red Wine Vinegar, Salt, Dried Minced Garlic And Onion, Natural Flavour, Dried Red Bell Peppers, Spice, Xanthan Gum, Concentrated Lemon Juice, Sorbic Acid, Propylene Glycol Alginate, Calcium Disodium Edta.	CONTAINS: SULPHITES
Spaghetti Beef Bolognese	Spaghetti	Durum Wheat Semolina, Niacin, Ferrous Sulphate, Thiamine Mononitrate, Riboflavin, Folic Acid.	
	Marinara Pasta Sauce	Vine-ripened Fresh Tomatoes, Fresh Sauteed And Caramelized Onions In A Blend Of Extra Virgin Olive Oil And Sunflower Oil, Carrot Puree, Garlic Puree, Salt, Sugar, Basil, Black Pepper, Red Pepper, And Naturally Derived Citric Acid.	MAY CONTAIN CRUSTACEAN, SESAME, MILK, EGGS, PEANUTS, SHELLFISH, WHEAT, SOY, SULPHITES
	Shredded Parmesan Cheese	Modified Milk Ingredients, Water, Modified Corn Starch and/or Potato Starch, Cheese (Milk, Bacterial Culture, Salt, Microbial Enzyme), Salt, Sodium Citrate, Lactic Acid, Flavour, Sodium Phosphate, Potassium Sorbate, Caramel Colour, Beta-Carotene, Anticaking Blend (Potato Starch, Corn Starch, Dextrose, Calcium Sulfate, Enzyme).	
	Meat	Lean Ground Beef.	
	Other Ingredients	Onion, Garlic, Tomatoes, Salt, Black Pepper, Parsley.	

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Mac & Cheese (Vegetarian)	Premium Alfredo Sauce	Cream (Milk, Cream, Dextrose, Sodium Citrate, Sodium Phosphate, Carrageenan, Locust Bean Gum), Water, Parmesan Cheese, Modified Corn Starch, Canola Oil, Wheat Flour, Salt, Cheese Flavoring Preparation (Romano Cheese, Water, Sunflower Oil, Salt, Parmesan Cheese, Goat Cheese, Xanthan Gum), Spices.	
	Macaroni	Durum wheat semolina, Niacin, Ferrous sulphate, Thiamine mononitrate, Riboflavin, Folic Acid.	
	Shredded Cheddar	Pasteurized milk, Modified milk ingredients, Calcium chloride, Microbial enzymes, Bacterial culture, Salt, Sodium citrate, Potassium sorbate, Cellulose powder (Natamycin), Annatto.	
	35% Whipping cream	Cream, Milk, Carrageenan, Cellulose Gum, Mono and Diglycerides, Polysorbate 80.	
Vegetarian Stir Fry (Noodles) (Vegetarian)	Teriyaki Sauce	Soy Sauce (Water, Soybeans, Wheat, Salt), Wine, Sugar, Water, Salt, Vinegar, Sodium Benzoate (Less Than 1/10 of 1% as a Preservative), Onion Powder, Natural Flavors, Succinic Acid, Garlic Powder.	MAY CONTAIN CRUSTACEAN, SESAME, MILK, EGGS, PEANUTS, SHELLFISH
	Spaghetti	Durum Wheat Semolina, Niacin, Ferrous Sulphate, Thiamine Mononitrate, Riboflavin, Folic Acid.	
	Other Ingredients	Peas, Carrots, Onion, Bell Pepper.	
Gluten-Free Penne Beef Bolognese	Penne Gluten-Free	Corn Flour, Rice Flour, Mono- And Diglycerides. No Wheat Ingredients. Produced In A Dedicated Gluten Free Facility.	MAY CONTAIN EGGS
	Marinara Pasta Sauce	Vine-ripened Fresh Tomatoes, Fresh Sauteed And Caramelized Onions In A Blend Of Extra Virgin Olive Oil And Sunflower Oil, Carrot Puree, Garlic Puree, Salt, Sugar, Basil, Black Pepper, Red Pepper, And Naturally Derived Citric Acid.	MAY CONTAIN CRUSTACEAN, SESAME, MILK, EGGS, PEANUTS, SHELLFISH, WHEAT, SOY, SULPHITES
	Shredded Parmesan Cheese	Modified Milk Ingredients, Water, Modified Corn Starch and/or Potato Starch, Cheese (Milk, Bacterial Culture, Salt, Microbial Enzyme), Salt, Sodium Citrate, Lactic Acid, Flavour, Sodium Phosphate, Potassium Sorbate, Caramel Colour, Beta-Carotene, Anticaking Blend (Potato Starch, Corn Starch, Dextrose, Calcium Sulfate, Enzyme).	
	Meat	Lean Ground Beef.	
	Other Ingredients	Onion, Garlic, Tomatoes, Salt, Black Pepper, Parsley.	
Chicken Teriyaki Bowl	Chicken Skewer/ Chicken Souvlaki	Chicken Breast, Water, Canola Oil, Flavour (cornstarch, Dehydrated Turkey Broth, Dextrose, Spice Extracts, Corn Syrup Solids, Sodium Phosphate) Red Cooking Wine (salt, Sulphites) Onion Powder, Sea Salt, Concentrate Lemon Juice, Oranges, Garlic Powder, Spices contains: Sulphite.	GLUTEN FREE
	Teriyaki Sauce	Soy Sauce (Water, Soybeans, Wheat, Salt), Wine, Sugar, Water, Salt, Vinegar, Sodium Benzoate (Less Than 1/10 of 1% as a Preservative), Onion Powder, Natural Flavors, Succinic Acid, Garlic Powder.	MAY CONTAIN: CRUSTACEAN, SESAME, MILK, EGGS, PEANUTS, SHELLFISH
	Sella Basmati Rice	Basmati Rice.	
	Other Ingredients	Broccoli.	

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Grilled Cheese / Gluten-Free Grilled Cheese	Cheese Cheddar Slice	Pasteurized Milk, Modified Milk Ingredients, Salt, Bacterial Culture, Calcium Chloride, Microbial Enzyme, Annatto.	
	Texas White Slice Bread	Enriched Wheat Flour, Water*, Sugar/glucose-fructose, Yeast*, Salt, Defatted Soy Flour, Soybean And/or Canola Oil, Calcium Propionate, Diacetyl Tartaric Acid Esters Of Mono And Diglycerides, Sodium Stearoyl-2-lactylate, Vegetable Monoglycerides. May Contain Sorbic Acid.	MAY CONTAIN SESAME
	Bread White Soft Gluten-Free	Water, Modified Tapioca Starch, Rice Flour, Rice Starch, Canola Oil, Tapioca Starch, Cane Sugar, Sorghum Flour, Egg Whites, Sugar Cane Syrup, Modified Cellulose, Cultured Brown Rice, Brown Rice, Salt, Yeast, Guar Gum, Xanthan Gum, Enzymes. Non-gmo	GLUTEN FREE, KOSHER
Falafel Salad (Vegetarian)	Ball Vegetarian Falafel	Chickpeas, Water, Canola/Sunflower Oil, Chickpea Flour, Potato Flakes (Potatoes, Mono- and Diglycerides, Sodium Acid Pyrophosphate, Citric Acid), Baking Powder, Salt, Onion Powder, Garlic Powder, Sugars (Dextrose), Dextrin, Chicory Root Fibers (Inulin), Powdered Cellulose, Spices. Fried in Canola/Sunflower Oil.	GLUTEN FREE, KOSHER, VEGETARIAN
	Buttermilk Ranch Dressing	Soybean Oil, Water, Buttermilk, White Vinegar, Sugar, Salt, Frozen Egg Yolk, Modified Milk Ingredients, Maltodextrin, Dehydrated Garlic, Dehydrated Onion, Phosphoric Acid, Xanthan Gum, Spices, Potassium Sorbate, Dehydrated Parsley, Calcium Disodium EDTA, Citric Acid.	
	Other Ingredients	Romaine Lettuce, Cucumbers, Tomatoes, Red Onion.	
Beef Sliders	58G Mini Slider Beef Burgers	Beef, Water, Soy Flour, Binder (Toasted Wheat Crumbs, Spice, Salt, Onion Powder, Garlic Powder, Hydrolyzed Soy Protein).	
	Slider Burger Buns	Unbleached Wheat Flour, Water, Liquid Whole Eggs, Sunflower and/or Soybean Oil, Liquid Egg Yolks, Cane Sugar, Liquid Egg Whites, Salt, Yeast, Cultured Wheat Flour, Malted Barley Flour, Ground Wheat, Lactic Acid, Ascorbic Acid, Enzymes, Rice Flour (for Dusting).	CONTAINS: EGGS, WHEAT BARLEY, MAY CONTAIN ALMONDS, MILK, PECAN, SESAME SEEDS, SOY, WALNUTS

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