

TOBEN



2026 SUMMER MENU - TRUE NORTH SPORTS CAMPS

ALL MEALS TO BE SERVED WARM.

Week 1 Weeks 1, 3, 5, 7 & 9	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main	Chicken Souvlaki with Rice, Broccoli & Tzatziki	Penne Pasta with Tomato Sauce & Parmesan	Chicken Fingers & Wedges with Plum Sauce & Ketchup	Beef Hot Dog with Potato Wedges & Mustard + Ketchup	Margherita Pizza
Vegetarian Alt	Vegetable and Tofu Skewer with Rice, Broccoli & Tzatziki	Penne Pasta with Tomato Sauce & Parmesan	Crispy Tofu Tenders & Wedges with Plum Sauce & Ketchup	Veggie Hot Dog with Potato Wedges & Mustard + Ketchup	Margherita Pizza
Week 2 Weeks 2, 4, 6, 8 & 10	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main	Honey Garlic Chicken Strips with Rice & Broccoli	Bowtie Pasta with Tomato Sauce & Parmesan	BBQ Beef Burgers with Potato Wedges & Ketchup	Asian Meatballs with Cantonese Noodles & Carrots	Margherita Pizza
Vegetarian Alt	Honey Garlic Crispy Tofu Tenders with Rice & Broccoli	Bowtie Pasta with Tomato Sauce & Parmesan	Veggie Burgers with Potato Wedges & Ketchup	Asian Tofu with Cantonese Noodles & Carrots	Margherita Pizza

