

2020 Appleby Camp Programs

March Break Menu



Please Note:

Appleby College is able to cater to dietary restrictions and allergies. Due to limitations, Appleby College is unable to accommodate Kosher diets. Appleby College cannot guarantee an allergen-free environment. We request that any campers bringing snacks respect children who may have allergies, by not including foods that contain peanut butter or peanut oils. When cooking lunches for Appleby College Camps, none of the menu items contain nut ingredients. Please indicate your child's allergies and/or dietary restrictions when registering and discuss with the Head Instructor when arriving at camp. All campers must carry the needed medication for treatment of their own allergies.

March Break: March 16 – 20, 2020

Daily Veggie & Salad Bar includes:

Celery Sticks, Carrot Sticks, Hummus, Diced Tomatoes, Cucumbers, Green & Red Peppers, Dressing of the Day

Monday

Mixed Greens, Potato Salad
Chicken Tenders, Meatless Tenders, Plum Sauce
Yogurt Tubes

Tuesday

Spinach Greens, Macaroni Salad
Beef Shepherd's Pie, Lentil & Vegetable Shepherd's Pie
Steamed Vegetables
Jell-O

Wednesday

Caesar Salad, Cucumber & Tomato Salad
Whole Wheat Penne Chicken Alfredo
Whole Wheat Penne with White Beans & Vegetables
Steamed Vegetables
Rice Krispy Squares

Thursday

Mixed Greens, Bruschetta Pasta Salad
Tzatziki Chicken, Falafel, Rice & Pita
Yogurt Tubes

Friday

Spinach Greens, Coleslaw
Beef Burger or Veggie Burger, on a Whole Wheat Bun
Cookies & Watermelon