

CAMP KAHUNA      Helpers: Lewis      ACTON July 5-7, 2023						
	WEDNESDAY	Special Diets**	THURSDAY	Special Diets**	FRIDAY	Special Diets**
Breakfast	No breakfast  Snacks available during day : Fresh fruit – apples, bananas, pears, etc. Yogurt or YOPS Crackers/Goldfish	No breakfast	Assorted Cereals Apple Juice Milk  Raisin bread & Sausage bake Fruit cups	Peebles GF cereal Coconut Milk  Scrambled Egg & GF toast	Assorted Cereals Tropical Fruit Juice Milk Mini fruit danish Mini muffins & mini banana breads Assorted Yogurts	Peebles GF cereal Coconut Milk  Scrambled Egg & GF toast
Lunch	Jamaican Patties (45) Pizza Pockets (90) BBQ Sausages (40) Assorted chips Carrots & Celery Kool Aid Jammers Assorted Pudding cups	GDF sausage on a GF bun Carrots Celery Lays plain chips Kool Aid Jammer Fresh fruit choice	Chicken Burgers (144) Pogos (80) Lettuce, mayo Cucumbers, grape tomatoes Rice Krispie Squares Mixed Orange Drink	GDF Chicken Nuggets Veggies Made Good Mini bites Mixed Orange Drink	Hot Dogs (160) Chili & Cheese (40) Assorted veggies Assorted chip bags Milk Popsicles	GDF Sausage on GF bun Carrots, cucumbers, grape tomatoes Lays Plain Chips Kool Aid Jammer Popsicle
Dinner	Pulled Pork on Bun (100) Chicken Stuffing & Cranberry on Bun (80) Tater Tots (140) Assorted Veggies (Celery, Carrots, cucumbers, broccoli) Flavored Waters Ice Cream bars	GDF pulled pork on GF bun Plain potato Flavored Water Popsicle Made Good Granola bar	Kahuna Mac & Cheese Honey Black Forest ham Sweet corn, Garlic buns Milk Pokemon Cookies	Honey Black Forest Ham Sweet Corn Plain Potato GDF Bun with plant based butter Coconut Milk Fresh fruit choice Made Good granola bar	Campers leave at 4pm	

**\*\*SPECIAL DIETS:** Only Gluten Sensitive and Dairy Sensitive available (dairy sensitive must be able to take Lacteze or equivalent for dairy in meals – Coconut Milk will be available as an alternative to milk for cereal and drinking)