

THANK YOU TO ALL OUR
SPONSORS





Day 1: Sunday August 6th

Lunch Menu

Lakeview Park, Oshawa

10:30AM - 1:00PM

COLD CUTS

Assorted Cold Cuts and Fillings (various)

Vegetarian Option: Quinoa (150 Cal) or Chickpea Filling (170 Cal)

ASSORTED BREADS & WRAPS

TOPPINGS

Tomato (22 Cal), Onion (40 Cal), Lettuce (20 Cal), Pickle (4 Cal)

Cheddar (405 Cal) Swiss (370 Cal), Soy Cheese (248 Cal)

Mustard (70 Cal), Dijon (10 Cal), Mayonnaise (40 Cal), Hummus (50 Cal)

Subject to Change

VEGETABLES & DIP

Carrot Sticks (52 Cal), Cherry Tomatoes (22 Cal),

Roasted Garlic Hummus (50 Cal), Spinach & Artichoke (90 Cal)

SALADS

Harvest Salad (372 Cal), Tuscan Pasta Salad (746 Cal)

with Gluten & Lactose Free House made Dressing

FRESH FRUIT

Honey Dew (50 Cal), Watermelon (80 Cal)





Day 1: Sunday August 6th

Dinner Menu

62 McCaul Street (Rec Centre) Port Hope
5:30PM - 7:00PM

HOMEMADE LASAGNA

Meat Sauce (501 Cal)

Vegetarian (534 Cal)

GLUTEN & LACTOSE FREE OPTION

Eggplant Rolls with Lentil Mushroom Filling (309 Cal)

VEGETABLES

Steamed Broccoli (30 Cal) & Cauliflower (30 Cal)
with Cheese Sauce (70 Cal)

SALADS

Caesar (57 Cal) – Build Your Own
Spinach & Arugula & Kale Strawberry Salad (235 Cal)
with Gluten & Lactose Free House made Dressing
Assortment of Seasonal Toppings

DESSERT

Triple Berry Crumble with Whipped Cream (416 Cal)





Day 2: Monday August 7th

Breakfast Menu

62 McCaul Street (Rec Centre) Port Hope
6:00AM - 7:00AM

FRESH FRUIT SELECTION

EGGS & MEAT

Scrambled (122 Cal), Hardboiled (135 Cal)
Bacon (60 Cal) Chef Vegan Option (TBA Cal)

CEREALS

Steel Cut Oatmeal (179 Cal), Gluten Free Rice Krispies (110 Cal)
With Assorted Toppings (various)

BAGELS

Multi-Grain (300 Cal)

SPREADS: Cream Cheese (278 Cal), Peanut Butter (118 Cal),
Jam (90 Cal), Nutella (80 Cal)

SCONES & WAFFLES

Assorted Scones (170 Cal)

Waffles (300 Cal)

YOGURTS

½ Greek Assorted Flavours & Plain Yogurt (50 Cal)

½ Regular Flavours & Plain Yogurt (90 Cal)

BEVERAGES

2% Milk (130 Cal), Soy Milk (100 Cal),
Apple Juice (90 Cal) & Orange Juice (130 Cal)





Day 2: Monday August 7th

Lunch Menu

509 Royal Cnd Legion, Consecon
10:30AM - 2:00PM

COLD CUTS

Assorted Cold Cuts and Fillings (various)
Vegetarian Option: Falafel (160 Cal)

ASSORTED BREADS & WRAPS

TOPPINGS

Tomato (22 Cal), Onion (40 Cal), Lettuce (20 Cal), Pickle (4 Cal)
Cheddar (405 Cal) Swiss (370 Cal), Soy Cheese (248 Cal)
Mustard (70 Cal), Dijon (10 Cal), Mayonnaise (40 Cal), Hummus (50 Cal)
Subject to Change

VEGETABLES & DIP

Celery Sticks (16 Cal), Beets (44 Cal),
Roasted Garlic Hummus (50 Cal), Spinach & Artichoke (90 Cal)

GLUTEN & LACTOSE FREE SALADS

Bean Salad with Cilantro Vinaigrette (344 Cal)
Spinach & Mushroom Quinoa Salad (242 Cal)

FRESH FRUIT

Grapes (90 Cal), Melon (50 Cal)





Day 2: Monday August 7th

Dinner Menu

Adolphustown • 5:30pm - 7:00pm

GREEK PITA WITH GRILLED CHICKEN

Whole Wheat Pita (170 Cal), Sliced Grilled Chicken (80 Cal)
with Hummus (50 Cal), Guacamole (155 Cal), Tzatziki (45 Cal)
& Grilled Vegetables (25 Cal)

VEGETARIAN OPTION

Chef Vegetarian Menu

GLUTEN FREE OPTION

Chicken (80 Cal) & Pita (170 Cal)

SIDE

Brown Rice (367 Cal)

VEGETABLES

Grilled Peppers (30 Cal) & Onions (40 Cal)

SALADS

Greek Salad (118 Cal) – Build Your Own
Sesame Noodle Salad (338 Cal)

DESSERT

Assorted Tarts (190 Cal) and Cupcakes (105 Cal)

FRESH FRUIT

Apples (95 Cal), Oranges (47 Cal)





Day 3: Tuesday August 8th

Breakfast Menu

Adolphustown
6:00AM - 7:00AM

FRESH FRUIT SELECTION

EGGS & MEAT

Scrambled (122 Cal), Hardboiled (135 Cal)
Bacon (60 Cal), Chef Vegan Option (TBA Cal)

CEREALS

Steel Cut Oatmeal (179 Cal), Gluten Free Rice Krispies (110 Cal)
with Assorted Toppings (various)

BAGELS

GF Multi-Grain (300 Cal)

SPREADS: Cream Cheese (278 Cal), Peanut Butter (120 Cal),
Jam (90 Cal), Butter (30 Cal), Soy Butter (35 Cal), Nutella (80 Cal)

SCONES

Assorted (170 Cal)

YOGURTS

½ Greek Assorted Flavours & Plain Yogurt (50 Cal)
½ Regular Flavours & Plain Yogurt (90 Cal)

BEVERAGES

2% Milk (130 Cal), Soy Milk (100 Cal),
Apple Juice (90 Cal) & Orange Juice (130 Cal)
Coffee & Tea





Day 4: Wednesday August 9th

Lunch Menu

28 Old River Road, Rockport Barn
10:30AM - 1:00PM

COLD CUTS

Assorted Cold Cuts and Fillings (various)

Vegetarian Option: Sesame Ginger Soya Vegan Meatballs (63 Cal)

ASSORTED BREADS & WRAPS

TOPPINGS

Tomato (22 Cal), Onion (40 Cal), Lettuce (20 Cal), Pickle (4 Cal)

Cheddar (405 Cal) Swiss (370 Cal), Soy Cheese (248 Cal)

Mustard (70 Cal), Dijon (10 Cal), Mayonnaise (40 Cal), Hummus (50 Cal)

Subject to Change

VEGETABLES & DIP

Broccoli (30 Cal), Cauliflower (30 Cal),

Roasted Garlic Hummus (50 Cal), Spinach & Artichoke (90 Cal)

GLUTEN & LACTOSE FREE SALADS

Potato Vinaigrette Salad (181 Cal)

Summer Vegetable Quinoa Salad (233 Cal)

FRESH FRUIT

Pears (57 Cal)





Day 4: Wednesday August 9th

Dinner Menu

Grenville Campground, Johnstown
5:30PM - 7:00PM

BEEF STEW

With Whole Wheat Dinner Rolls (501 Cal)

*** Chicken Ragout for Red Meat Free Option***

VEGETARIAN & VEGAN OPTION

Coconut Curry Ragout (446 Cal)

SIDES

Brown Rice (367 Cal)

Yukon Mashed Potatoes (156 Cal)

VEGETABLES

Mixed Vegetables (25 Cal)

SALADS

Coleslaw Vinaigrette (110 Cal)

Mixed Green Salad (19 Cal)

DESSERTS

Mini Donuts (83 Cal),

Assorted Cookies (120 Cal)

Squares (200 Cal)





Day 5: Thursday August 10th

Breakfast Menu

Grenville Campground, Johnstown
6:00AM - 7:00AM

FRESH FRUIT SELECTION

EGGS & MEAT

Scrambled (122 Cal), Hardboiled (135 Cal)
Sausage (159 Cal), Chef Vegan Option (468 Cal)

CEREALS

Steel Cut Oatmeal (179 Cal), Gluten Free Rice Krispies (110 Cal)
with Assorted Toppings (various)

BAGELS & PANCAKES

GF Multi-Grain Bagel (300 Cal), Buttermilk Pancakes (250 Cal)
SPREADS: Cream Cheese (278 Cal), Peanut Butter (120 Cal),
Jam (90 Cal), Nutella (80 Cal)

SCONES

Assorted (170 Cal)

YOGURTS

½ Greek Assorted Flavours & Plain Yogurt (50 Cal)
½ Regular Flavours & Plain Yogurt (90 Cal)

BEVERAGES

2% Milk (130 Cal), Soy Milk (100 Cal),
Apple Juice (90 Cal) & Orange Juice (130 Cal)
Coffee & Tea





Day 5: Thursday August 10th

Lunch Menu

Milles Roche • 10:30AM - 1:00PM

COLD CUTS

Assorted Cold Cuts and Fillings (various)

Vegetarian Option: Tofu (130 Cal), Falafel (160 Cal)

LEFTOVER STEW

Beef Stew (401 Cal)

ASSORTED BREADS & WRAPS

TOPPINGS

Tomato (22 Cal), Onion (40 Cal), Lettuce (20 Cal), Pickle (4 Cal)

Cheddar (405 Cal) Swiss (370 Cal), Soy Cheese (248 Cal)

Mustard (70 Cal), Dijon (10 Cal), Mayonnaise (40 Cal), Hummus (50 Cal)

Subject to Change

VEGETABLES & DIP

Broccoli (30 Cal), Cauliflower (30 Cal),

Roasted Garlic Hummus (50 Cal), Spinach & Artichoke (90 Cal)

SALADS

7 Grain Tandoori Salad (400 Cal)

Garden Salad (70 Cal) - Build Your Own

FRESH FRUIT

Melons (50 Cal), Grapes (90 Cal)





Day 5: Thursday August 10th

Dinner Menu

Glengarry Campground, Lancaster

5:30PM - 7:00PM

MEXICAN FIESTA NIGHT

Tri-Colour Nachos (260 Cal)

Soft Taco Shells (100 Cal)

Chipotle Pulled Pork (335 Cal),

Chilli Lime Chicken (350 Cal),

Mexican Ground Beef (340 Cal)

Spanish Rice (210 Cal), Shredded Cheese (115 Cal)

Vegetarian Option: Mexican Vegan Taco-Mix (105 Cal)

VEGETABLES

Refried Beans (90 Cal), Corn (80 Cal)

SALADS

Heritage Green Salad with Fresh Berries, Cucumbers & Feta.

Tossed in Chili Lime Cilantro Dressing (175 Cal)

Black Bean & Corn with Avocado (185 Cal)

DESSERT

Churro's and Chocolate Sauce (260 Cal)

FRESH FRUIT

Apples (95 Cal) & Oranges (47 Cal)





Day 6: Friday August 11th

Breakfast Menu

Glengarry Campground, Lancaster
6:00AM - 7:00AM

FRESH FRUIT SELECTION

EGGS & MEAT

Scrambled (122 Cal), Hardboiled (135 Cal)
Bacon (60 Cal), Chef Vegan Option (468 Cal)

CEREALS

Steel Cut Oatmeal (179 Cal), Gluten Free Rice Krispies (110 Cal)
with Assorted Toppings (various)

BAGELS

GF Multi-Grain (300 Cal)

SPREADS: Cream Cheese (278 Cal), Peanut Butter (120 Cal),
Jam (90 Cal), Nutella (80 Cal)

SCONES

Assorted (170 Cal)

YOGURTS

½ Greek Assorted Flavours & Plain Yogurt (50 Cal)
½ Regular Flavours & Plain Yogurt (90 Cal)

BEVERAGES

2% Milk (130 Cal), Soy Milk (100 Cal),
Apple Juice (90 Cal) & Orange Juice (130 Cal)
Coffee & Tea





Day 6: Friday August 11th

Lunch Menu

Parc Bellevue, Montreal
10:30AM - 1:00PM

BAGGED LUNCHES

Smoked Turkey (53 Cal) with Lettuce (20 Cal)
& Tomato (22 Cal) on Multi-Grain Ciabatta (190 Cal)

OR

Roast Beef (132 Cal) with Lettuce (20 Cal) &
Pickle (4 Cal) on Multi-Grain Bread (160 Cal)

VEGETARIAN OPTION

Grilled Vegetables (25 Cal) with Cream Cheese (278 Cal)
on a Tomato Basil Tortilla (210 Cal)

GLUTEN & LACTOSE FREE OPTION

Sliced Chicken (80 Cal) & Veggies (25 Cal) on GF Vegan Bread (70 Cal)

VEGETARIAN & LACTOSE FREE OPTION

Curry Chick Pea Filling (170 Cal) on LF & Gluten Bread (70 Cal)

EACH BOX LUNCH WILL INCLUDE:

Vegetable & Dip (140 Cal)

½ Granola Bar (219 Cal) or ½ Rice Krispie Square (381 Cal)

Whole Fresh Fruit (95 Cal)

