

# McMaster Camps: Lunch Program Menu Ingredients for 2022

**Allergy Alert & Dietary Accommodations:** While we have made an effort to highlight ingredients and common allergens in our menu lists below, they are not an exhaustive listing. If you have concerns regarding a particular dietary accommodation or allergen, please let us know at [reconline@mcmaster.ca](mailto:reconline@mcmaster.ca)

**Nut-restricted policy:** In keeping with our nut-restricted camp policy, none of our lunches include nuts or nut products; however, as with all our camp families' homes, we cannot guarantee that there has not been cross contamination in our kitchens or that of our suppliers.

MONDAY	Common Allergens
Milk / Chocolate Milk / Soy Beverage	Dairy / Soy
Juice Box	-
Whole Fruit	-
Roasted Chicken Spiral Pasta	Wheat, Gluten
Vegan Pasta	Wheat, Gluten, Soy
School Safe Brownie	Wheat, Gluten, Egg
Gluten Free Brownie Available	Egg
Substitute Gluten free Pasta Noodle	-

TUESDAY	Common Allergens
Milk / Chocolate Milk / Soy Beverage	Dairy / Soy
Juice Box	-
Whole Fruit	-
Turkey Wrap	Wheat, Gluten, Soybean
Veggie Wrap with Hummus (optional)	Wheat, Gluten, Soybean, Sesame
Cookies	Wheat, Gluten, Egg, Soy, Dairy
Grape Cup	-
Gluten free wrap available	

WEDNESDAY	Common Allergens
Milk / Chocolate Milk / Soy Beverage	Dairy / Soy
Juice Box	-
Pudding Cup / Mandarin Cup	Dairy / -
Whole Fruit	-
Chicken Pita	Wheat
Souvlaki Pita	Wheat, Corn Starch
BLT Pita	Wheat, Dairy
Turkey Pita	Wheat, Corn Syrup
Garden Pita	Wheat, Chickpeas (falafel)
Tzatziki	Dairy
Ranch	Eggs, Dairy, Corn Starch
Caesar	Eggs, Dairy, Anchovies
Honey Mustard	Corn Syrup, Sulphites

THURSDAY	Common Allergens
Milk / Chocolate Milk / Soy Beverage	Dairy / Soy
Juice Box	-
Mac & Cheese	Wheat, Gluten, Dairy
Vegan Mac and Cheese	Wheat, Gluten
Substitute Gluten free Pasta Noodle either pasta	-
Berry Crumble (vegan)	Wheat, Sulphites
Peach Cup	-

FRIDAY	Common Allergens
Milk / Chocolate Milk / Soy Beverage	Dairy / Soy
Juice Box	-
Pizza Plank	Wheat, Gluten, Dairy, Soy
Vegan Flat Bread	Wheat, Gluten, Soy
Jello Cup	-
Whole Fruit	-
Gluten free crust available	Soy

From Farm to Table Popcorn	Milk
Assorted Granola Bars	N/a