



**2024 SUMMER Menu for Harbourfront Centre: LARGE**

**ALL MEALS ARE SERVED COLD**

<b>Week One</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>Entrée 1</b>	Cheese Pizza Bread Wedges with Marinara dip	Sweet & Sour Chicken Wrap	Turkey and Cheese slices, Pita Wedges & veg	Roast Beef & Cheese on a Bun	Charcuterie box Nuggets, Pretzels, cheese portion & veg
<b>Entrée 2 Veg</b>	Cheese Pizza Bread Wedges with Marinara dip	Veggie Hummus Wrap	Hummus, cheese, pita, veggies	Lettuce, carrot, red pepper, Cheese & Marinara on a Bun	Charcuterie box - Veg nuggets, Pretzels, cheese portion & veg
<b>Side fruit or veg</b>	Full Apple	Veggies and Dip	Banana/Melon	Veggies and Dip	Orange Wedges
<b>Snack</b>	DF/EF Choc Cookie	Baked Potato chips	Yogurt Tube	DF/EF Oat Cookie	Popcorn
<b>Drink</b>	100% fruit juice	100% fruit juice	100% fruit Juice	100% fruit juice	100% fruit Juice
<b>Week Two</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>Entrée 1</b>	Crunchy Chicken Ranch Wrap	Egg and Cheese on a Cranberry Morning Round	Beef Burrito Wrap	Smoked Turkey and Swiss Cheese Sandwich	Picnic Plate- Cheese portion, deli, veg & Snacking Round
<b>Entrée 2 Veg</b>	Vegetarian "chicken" Ranch wrap	Carrot & Cucumber Sushi	Veg Burrito Wrap (beans, rice, lettuce, corn, salsa & cheese)	carrot, cucumber, red pepper, lettuce & Hummus on Kaiser	Camper Picnic Plate hummus, fruit, veg & Snack Round
<b>Side fruit or veg</b>	Carrot Pack & Dip	Banana/Melon	Applesauce	Orange Slices	Veggies & Dip
<b>Snack</b>	Cookie	Yogurt Tube	Cookie	Lunchie Mix	Baked Potato Chip
<b>Drink</b>	100% fruit juice	100% fruit juice	100% fruit juice	100% fruit juice	100% fruit juice



**2024 SUMMER Menu for Harbourfront Centre: Medium**

**ALL MEALS ARE SERVED COLD**

<b>Week One</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>Entrée 1</b>	Cheese Pizza Bread Wedges with Marinara dip	Sweet & Sour Chicken Wrap	Turkey and Cheese slices, Pita Wedges & veg	Roast Beef & Cheese on a Bun	Kidcuterie box Nuggets, Pretzels, cheese portion & veg
<b>Entrée 2 Veg</b>	Cheese Pizza Bread Wedges with Marinara dip	Veggie Hummus Wrap	Hummus, cheese, pita, veggies	Lettuce, carrot, red pepper, Cheese & Marinara on a Bun	Kidcuterie box - Veg nuggets, Pretzels, cheese portion & veg
<b>Side fruit or veg</b>	Full Apple	Veggies and Dip	Banana/Melon	Veggies and Dip	Orange Wedges
<b>Snack</b>	DF/EF Choc Cookie	Baked Potato chips	Yogurt Tube	DF/EF Oat Cookie	Popcorn
<b>Drink</b>	100% fruit juice	100% fruit juice	100% fruit Juice	100% fruit juice	100% fruit Juice
<b>Week Two</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>Entrée 1</b>	Crunchy Chicken Ranch Wrap	Egg and Cheese on a Cranberry Morning Round	Beef Burrito Wrap	Smoked Turkey and Swiss Cheese Sandwich	Picnic Plate- Cheese portion, deli, veg & Snacking Round
<b>Entrée 2 Veg</b>	Vegetarian "chicken" Ranch wrap	Carrot & Cucumber Sushi	Veg Burrito Wrap (beans, rice, lettuce, corn, salsa & cheese)	carrot, cucumber, red pepper, lettuce Hummus on Kaiser	Camper Picnic Plate hummus, fruit, veg & Snack Round
<b>Side fruit or veg</b>	Apple Sauce	Orange Wedges	Veggies and Dip	Full Apple	Banana/Melon
<b>Snack</b>	Cookie	Yogurt Tube	Cookie	Lunchie Mix	Baked Potato Chip
<b>Drink</b>	100% fruit juice	100% fruit juice	100% fruit juice	100% fruit juice	100% fruit juice



**2024 SUMMER Menu for Harbourfront Centre: Small**

**ALL MEALS ARE SERVED COLD**

<b>Week One</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>Entrée 1</b>	Cheese Pizza Bread Wedges with Marinara dip	Turkey, Cream cheese and Lettuce Pinwheels	Turkey slices, Cheese, Crackers & veg	Bagel with Cream cheese and cucumber slices	Kidcutterie box Nuggets, Pretzels, cheese portion & veg
<b>Entrée 2 Veg</b>	Cheese Pizza Bread Wedges with Marinara dip	Cheese, Veg and lettuce Pinwheels with Hummus dip	Hummus, cheese, pita, veggies	Lettuce, carrot, red pepper, Cheese & Marinara on a Bun	Kidcutterie box - Veg nuggets, Pretzels, cheese portion & veg
<b>Side fruit or veg</b>	Apple slices	Veggies and Dip	Banana/Melon	Veggies and Dip	Orange Wedges
<b>Snack</b>	DF/EF Choc Cookie	Yogurt Tube	Baked Potato chips	DF/EF Oat Cookie	Popcorn
<b>Drink</b>	100% fruit juice	100% fruit juice	100% fruit Juice	100% fruit juice	100% fruit Juice
<b>Week Two</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>Entrée 1</b>	Crunchy Chicken Ranch Wrap	Sweet & Sour Chicken Wrap	Egg and Cheese on a Cranberry Morning Round	Smoked Turkey and Swiss Cheese Sandwich	Picnic Plate- Cheese portion, deli, veg & Snacking Round
<b>Entrée 2 Veg</b>	Vegetarian "chicken" Ranch wrap	Veggie Hummus Wrap	Bagel with Cream cheese and cucumber slices	carrot, cucumber, red pepper, lettuce & Hummus on Kaiser	Camper Picnic Plate hummus, fruit, veg & Snack Round
<b>Side fruit or veg</b>	Apple Sauce	Veggies and Dip	Banana/Melon	Apple slices	Orange Wedges
<b>Snack</b>	DF/EF Choc Cookie	Yogurt Tube	Baked Potato chips	DF/EF Choc Cookie	Popcorn
<b>Drink</b>	100% fruit juice	100% fruit juice	100% fruit juice	100% fruit juice	100% fruit juice