

# SHAPE UP CYCLE MENU

## CYCLE MENU - WEEK 1



	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY (OPTIONAL)
<b>BREAKFAST</b>							
<b>8 A.M.</b>							
<b>Options</b>	1. Eggs Over Easy 2. Bacon 3. Toast 4. Cereal 5. Fruit 6. Cheese	Bagel Pink Applesauce Cereal Fruit Cheese	French Toast Toast Cereal Fruit Cheese	Scrambled Eggs Pan-fried Potatoes Toast Cereal Fruit Cheese	Croissant Yogurt Cereal Fruit Cheese	Grandma-style Pancakes Yogurt Cereal Fruit Cheese	Oatmeal Muffin Fruit Salad Toast Cereal Fruit Cheese
<b>10:30 A.M. SNACK</b>							
Whole fruits always available							
<b>LUNCH</b>							
<b>11:30 A.M.</b>							
<b>Appetizer</b>	1. Cauliflower Potato Soup	Lettuce, Orange & Peach Dressing	Carrot Soup	Lettuce, Fruity Balsamic Dressing	Squash & Sweet Potato Soup	Lettuce, Oil & Lemon Dressing	Vegetable Broth
<b>Main course</b>	1. Crispy Chickpea 2. Tofu Nuggets	Pork Stew Farmer Brown's Omelet	Shepherd's Pie <sup>1,2</sup> Chickpea & Veggie Korma	Pasta, Pink Alfredo Sauce with White Beans	Veal Hamburger Veggie Burger	Tuna Casserole Vegetable Barley Loaf <sup>2</sup>	Frittata
<b>Vegetarian option</b>	1. Vegetable Couscous <sup>1,2</sup>	Basmati Rice				Tomato & Veggie Rice	
<b>Salads</b>	1. Choice of 3 2. 3.	Legume Salad Choice of 2 Choice Choice	Broccoli Choice of 3 Choice	Veggie Jardiniere Choice of 2 Choice	Coleslaw & Crudités Choice of 3 Choice	Choice of 2 Choice	Salad & Cheese Choice of 2 Choice
<b>Crudités</b>	1. Choice	Choice	Choice	Choice	Choice	Choice	Choice
<b>Dip</b>	2. Two-Bean Dip	Choice	Yogurt & Apple	Choice	Tzatziki	Yogurt Gracemole	Lemon Herb Mayo
<b>Dessert</b>	1. Chocolate Square	Pan-fried Fruit & Ice	Choco-Pear Crisp	Bread Pudding	Peach Square	Mango-Raspberry Layers	Apple Crisp
<b>3:30 P.M. SNACK</b>							
Whole fruits and yogurt							
<b>DINNER</b>							
<b>5:30 P.M.</b>							
<b>Appetizer</b>	1. Choice of Salad	Veggie Soy Broth	Coleslaw <sup>2</sup>	Choice of Soup	Lettuce, Cranberries and Raspberries	Corn Soup	Caesar Salad
<b>Main course</b>	1. Meatballs	Oriental-Style Salmon	(BBQ) Hot Dog <sup>2</sup>	Roast Chicken with Spices, Honey, and Apricot <sup>2</sup>	Pasta, Tomato Sauce with Veggies	Tex-Mex Chicken Fajitas <sup>1</sup>	Spaghetti Bolognese <sup>1</sup>
<b>Vegetarian option</b>	2. Veggie Polenta <sup>2</sup>	Rice Noodles & Veggies <sup>1</sup>	(BBQ) Veggie Dog <sup>2</sup>	Vegetarian Falafel <sup>2</sup>		Tex-Mex Tofu Fajitas <sup>1</sup>	Spaghetti with Lentil Sauce
<b>Starch</b>	1. Veggie Polenta <sup>2</sup>	Paillasson	Roast, Baked, Fried Potatoes <sup>2</sup>	Basmati Rice	Garlic Herb Bread <sup>2</sup>	Cajun-style Potatoes	Roast Peppers <sup>2</sup>
<b>Vegetables</b>	2. 1. 2 Choices	3 Choices	Crudité <sup>2</sup> & Dip <sup>2</sup>	Virchy Carrots 3 Choices	2 Choices	3 Choices	2 Choices
<b>Salads</b>	2. 3.	Choice		Choice	Choice	Choice	Choice
<b>Crudités (3)</b>	1. Choice	Choice		Choice	Choice	Choice	Choice
<b>Dip</b>	2. Choice	Orange and Peach Yogurt		Baba Ganoush	Herb Sauce	Choice	Choice
<b>Dessert</b>	1. Fruit Salad	Fruit Cookie	Marshmallow Melt <sup>2</sup>	Date Cake <sup>2</sup>	Chocolate Ice Cream Crisp <sup>2</sup>	Chocolate Rice	Fruit Smoothie
	2.						Chocolate Cookies

**LEGEND :** \* Vegetarian dishes

<sup>1</sup> Dish inspired by the Camp Odyssée Trois-Saumons menu <sup>2</sup> Dish inspired by the Camp YMCA Kanawana menu



# SHAPE UP CYCLE MENU



## CYCLE MENU – WEEK 2

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY (OPTIONAL)
<b>BREAKFAST</b>							
<b>8 A.M.</b>							
<b>Options</b>	1 Eggs Over Easy 2 Bacon 3 Toast 4 Cereal 5 Fruit 6 Cheese	Bagel Pink Applesauce Cereal Fruit Cheese	French Toast and Eggs Over Easy Toast Cereal Fruit Cheese	Strata Pan-fried Potatoes Toast Cereal Fruit Cheese	Croissant, Ham and Egg Yogurt Cereal Fruit Cheese	Grandma-style Pancakes Yogurt Cereal Fruit Cheese	Muffin Fruit Salad Toast Cereal Fruit Cheese
<b>10:30 A.M.</b>							
<b>SNACK</b>							
Whole fruits always available							
<b>LUNCH</b>							
<b>11:30 A.M.</b>							
<b>Appetizer</b>	1 Lettuce & Potato Soup	Melon Salad	Creamy Tomato Soup	Greek Salad	Mediterranean Soup	Choice of Salad	Choice of Soup
<b>Main course</b>	1 Ham Sandwich and Veggie <sup>2</sup>	Pizza Pita (the Works) <sup>2</sup>	Cajun-style Fish	Chicken D-Wrap	Tuna Wrap <sup>2</sup>	Chicken Salad & Veggie Sloppy Joel	Macaroni & Cheese <sup>2</sup>
<b>Vegetarian option</b>	2 Veggie Pâté & Vegetable Sandwich <sup>2</sup>	Vegetarian Pizza Pita <sup>2</sup>	Lentil Salad <sup>2</sup>	Veggie Pâté D-Wrap <sup>1</sup>	Tofu & Veggie Wrap <sup>2</sup>	Veggie & Tofu Sloppy Joel	
<b>Starch</b>	1 Colossal <sup>2</sup>	Pesto Primavera Pasta	Rice				
<b>Vegetables</b>	2 Choice of 2		Veggie Jardinière				
<b>Salads</b>	1 Choice of 2		Choice of 3	Choice of 2	Choice of 3	Choice of 2	Choice of 3
<b>Crudité<sup>s</sup> (s)</b>	1 Choice		Choice	Choice	Choice	Choice	Choice
<b>Dip</b>	2 Caesar Sauce		Choice	Lemon Herb Mayo	Choice	Two-Bean Dip	Choice
<b>Dessert</b>	1 Chocolate Square	Pan-fried Fruit & Ice	Choice-Pear Crisp <sup>2</sup>	Vanilla Pudding <sup>2</sup>	Peach Square	Mango-Raspberry Layers	Apple Crisp
<b>3:30 P.M.</b>							
<b>SNACK</b>							
Whole fruits and yogurt							
<b>DINNER</b>							
<b>5:30 P.M.</b>							
<b>Appetizer</b>	1 Lettuce, Lime & Coriander Dressing	Onion Soup	Choice of Salad	Beef & Barley Broth	Choice of Salad	Rice & Lentil Soup	Choice of Salad
<b>Main course</b>	1 Chili Con Carne <sup>2</sup>	Herbed Pork	(BBQ) Hot Dog <sup>2</sup>	Ratatouille	Meatloaf with Fruit <sup>2</sup>	Tabouleh Royale	Pork Loin <sup>2</sup>
<b>Vegetarian option</b>	2 Vegetarian Chili <sup>2</sup>	Veggie Salad	(BBQ) Veggie Dog <sup>2</sup>		Carrots & Leeks	Tofu & Veggie Kababs	
<b>Starch</b>	1 Rice Pilaf	Barley Risotto	Nachos or Chips <sup>2</sup>	Herb Bread <sup>2</sup>	County-style Puree	Vegetable Rice	
<b>Vegetables</b>	2 Choice of 2	Vegetable Salad	Crudité <sup>s</sup> & Dip <sup>2</sup>	Vichy Carrots	Carrots & Leeks	Stuffed Peppers <sup>2</sup>	
<b>Salads</b>	2		2 Choices	3 Choices	2 Choices	3 Choices	
<b>Crudité<sup>s</sup> (s)</b>	1 Choice		Choice	Choice	Choice	Choice	Choice
<b>Dip</b>	2 Choice		Choice	Choice	Choice	Choice	Choice
<b>Dessert</b>	1 Fruit Salad	Fruit Cookie	Marshmallow Melt <sup>2</sup>	Date Cake <sup>2</sup>	Chocolate Ice Cream Crisp <sup>2</sup>	Chocolate Rice	Fruit Smoothie
	2						Chocolate Cookies

**LEGEND :** \* Vegetarian dishes

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