

OPERATION TRACKSHOES 2012 - FOOD MENU WITH DIETARY INFORMATION

To the best of our ability, we have identified those foods that contain dairy products.

FRIDAY BUFFET DINNER

Mixed green salad
Sliced tomatoes
Ranch & Italian dressings

Regular lasagna
Vegetarian/non-dairy/gluten free lasagna
Stir Fry vegetables

Milk (2%)
Apple & orange juice
Decaf coffee & herbal tea
Regular coffee & tea, by request

Fresh fruit salad
Jello
Vanilla cake with chocolate icing

Dietary Information

- No food contains nuts.
- Vegetarians - the regular lasagna contains meat.
- People with allergies to dairy products must avoid the Ranch dressing, the regular lasagna, and the cake.

FRIDAY EVENING SNACKS

At the entertainment venues:

Apple juice
Decaf coffee & herbal tea
Regular coffee & tea, by request

Back at the dorms:

Hot chocolate & assorted juice
Mini donuts (sugared & plain)

SATURDAY BUFFET BREAKFAST

Hash Browns
Scrambled eggs (dairy free)
Bacon & sausage

Orange & grapefruit sections
Corn Flakes & Rice Krispies
Small croissants
Jams & butter
Muffins & bagels
Cream cheese
Bananas & apples

Milk (2%)
Apple & orange juice
Coffee & tea, regular & decaf

LUNCH AT THE STADIUM

Bunwiches
• Ham & cheese, white bun
• Cheese, white bun
• Veggie, brown bun, by request only
The bunwiches have an egg free "mayo", lettuce, salt & pepper.

Yogurt & soy yogurt, assorted flavours,
by request

Assorted juice
Milk, by request
Apples & bananas
Raisins
Kellogg's Rice Krispies squares

JUNIOR PROGRAM BANQUET

Chicken fingers with fries

Rainbow of veggie sticks and dip
Salad with Ranch dressing, by request
Buns

Apple & orange juice

Green Jell-O
Dixie Cups

Vegetarians can request the vegetarian dish offered at the adult banquet.

Dietary Information

- People with allergies to dairy must avoid the Ranch dressing.

TEEN BANQUET

Green leaf salad with Ranch Dressing

Chicken Schnitzel with Hunter's sauce
(brown gravy & mushrooms).
Vegetarian mushroom phyllo strudel,
by request.

Roasted potatoes
Seasonal vegetables
Buns

Neapolitan ice cream, with ladyfingers

Decaf coffee & herbal tea
Regular coffee & tea, by request

Dietary Information

- The dessert may contain traces of nuts.
- Ranch dressing, Hunter's sauce, mushroom phyllo strudel and ice cream contain dairy products.

ADULT BANQUET

Salad with Ranch dressing

Fresh rolls & butter
Mashed potatoes
Vegetable medley

Chicken a-la-king in a vol-au-vent (puff
pastry shell).
Vegetarian/non-dairy/gluten free grilled
stuffed portabellini cap by request.

Cheesecake with Fruit Coulis

Decaf coffee & herbal tea
Regular coffee & tea, by request

Dietary Information

- No food contains nuts.
- People with allergies to dairy products must avoid the mashed potato, the Ranch dressing, the Chicken a-la-king, and the apple crumble.

SATURDAY EVENING SNACKS

At the Entertainment Venues

Assorted juice
Decaf coffee & herbal tea
Regular coffee & tea, by request
Bunwiches (same as lunch)
Apples & bananas
Rice Krispies Squares (Junior Program
only)

Back at the Dorms

Hot chocolate & assorted juice

SUNDAY BUFFET BREAKFAST

Same as Saturday breakfast

SUNDAY BUFFET LUNCH

Mixed green salad
Sliced tomatoes
Two dressings (Ranch & Italian)

French Fries
Mini pizzas: meat, cheese, & vegetable

Milk (2%)
Apple & orange juice
Coffee & tea, regular & decaf

Fresh fruit salad
Strawberry Mousse

Dietary Information

- No food contains nuts.
- People with dairy allergies can request a non-dairy pizza. Also, the Ranch dressing and the Mousse contain milk.