

## Canucks Autism Network Keats Camp Menu

Date	Tuesday, August 30	Wednesday, August 31	Thursday, September 1
<p align="center"><b>BREAKFAST</b> 8:15-9:15AM</p>		<p>Cold cereal set up Scrambled eggs Sausages Muffins or toast Fruit salad Yogurt Milk Coffee/Tea/Juice</p>	<p>Cold cereal set up Waffle Sausage Berries/sliced Fruit Whipped cream Syrup Milk Coffee/Tea/Juice</p>
<p align="center"><b>LUNCH</b> 12:00-1:00PM</p>	<p>Tacos (ground beef, refried beans, black beans) Veggies and dip Salad Milk Coffee/Tea/Juice</p>	<p>Grilled Cheese Tomato soup Veggies and dip Milk Coffee/Tea/Juice</p>	<p>Hamburgers With all the fixings French Fries Vegetables and dip Salad Milk Coffee/Tea/Juice</p>
<p align="center"><b>DINNER</b> 5:30-6:30PM</p>	<p>Macaroni and cheese Smokies Veggies and dip Salad Milk Coffee/Tea/Juice</p>	<p>Roasted Chicken Mashed Potatoes Cooked Vegetables Salad Rolls Milk Coffee/Tea/Juice</p>	
<p align="center"><b>SNACK</b> Varies</p>	<p><b>2:45PM</b> Fruit</p>	<p><b>3:30PM</b> Ice cream sundae</p>	<p><b>3:00PM</b> Rice Crispy Squares</p>
<p align="center"><b>SNACK</b> 7:45PM</p>	<p>S'mores</p>	<p>Popcorn (CAN to Bring)</p>	

**Gluten Free, Dairy Free, and Vegetarian options will be available at every meal and snack.**