



# CAMP ROBIN HOOD

## CAMP FOOD INGREDIENTS LIST

(UPDATED August 19, 2021)

This document provides details of the ingredients served throughout the summer in the following aspects of our camp program:

- DAILY SNACK & JUICE
- FRIDAY COOKOUTS
- COOKING SPECIALTY
- SPECIAL SNACKS

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### DAILY SNACKS & JUICE

#### TREATS – Monday to Thursday

On hotter days we serve frozen treats and on cooler ones it's cookies! There is no set schedule for these treats.

##### **Dare Oatmeal Dark Chocolate Chip Cookies**

Ingredients: dark chocolate chips (sugar, unsweetened chocolate, cocoa butter, dextrose, soya lecithin, natural flavour), rolled oats, butter, brown sugar, wheat flour, fancy molasses, baking powder, baking soda, soya lecithin, natural flavour.

**Contains: wheat, oats, soya and milk.**

##### **Dare Viva Puffs Cookies**

Ingredients: Sugars, (sugar/glucose-fructose, apple puree, strawberry puree), chocolatey coating (sugar, hydrogenated palm kernel oil, cocoa, salt, sorbitan tristearate, soya lecithin, natural flavour), Wheat flour, Vegetable oil shortening (contains modified palm oil and canola oil), Corn starch, Salt, Whey powder, Gelatin, Glycerin, Baking soda, Baking powder, Pectin, Ammonium bicarbonate, Citric acid, Potassium sorbate, Locust bean gum, Natural flavour, Caramel, Allura red, Ascorbic acid. **Contains: wheat, soya, milk**

##### **Christie Oreo Cookies**

Ingredients: Sugars (sugar, glucose-fructose), Wheat flour, Modified palm oil, vegetable oil, Cocoa, Wheat and/or Corn starch, Salt, Soy lecithin, Baking soda, Ammonium bicarbonate, Unsweetened chocolate, Artificial flavour.

**Contains: Wheat, Soy.**

##### **Hollandia Bakeries Honey Graham Cookies**

Ingredients: Enriched wheat flour, palm oil shortening and/or vegetable oil shortening, sugar, graham flour, water, honey, glucose syrup, salt, baking soda, soy lecithin, ammonium bicarbonate, corn starch, caramel colour (contains sulphites). **May contain egg and/or milk.**



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## **Hollandia Bakeries Chocolate Chip Cookies**

Ingredients: Enriched wheat flour, sugar, palm oil shortening and/or vegetable oil shortening, chocolate chips (sugar, chocolate liquor, dextrose, cocoa butter, soy lecithin, salt, natural flavour), water, fancy molasses, salt, baking soda, glucose syrup, dried whole egg, ammonium bicarbonate, artificial flavour. **May contain milk and/or sulphites.**

## **Hollandia Bakeries Old Fashioned Oatmeal**

Ingredients: Sugar, enriched wheat flour, rolled oats, palm oil shortening and/or vegetable oil shortening, water, raisins, salt, sodium bicarbonate, soy lecithin, natural flavour, spices, caramel colour (sulphites). **May contain egg, milk and soy.**

## **Hollandia Bakeries Oatmeal Chip Cookies**

Ingredients: Enriched wheat flour, palm oil shortening and/or vegetable oil shortening, sugar, yellow sugar, rolled oats, water, chocolate chips (sugar, chocolate liquor, dextrose, cocoa butter, soy lecithin, salt, natural flavour), salt, baking powder, dried whole egg, baking soda, spices, natural flavour. **May contain milk and sulphites.**

## **Hollandia Bakeries Mini Rainbow Buds**

Ingredients: Enriched wheat flour, sugar, palm oil shortening and/or vegetable oil shortening, rainbow chocolate chips [chocolate chips (sugar, unsweetened chocolate, cocoa butter, soy lecithin, natural flavour), sugar, corn starch, artificial colours, gum arabic, confectioners glaze, carnauba wax], water, fancy molasses, salt, baking soda, glucose syrup, dried whole egg, ammonium bicarbonate, artificial flavour. **May contain milk, sulphites.**

## **Hollandia Bakeries Animal Crackers**

Ingredients: Enriched beached wheat flour, palm oil shortening and/or vegetable oil shortening, sugar, water, salt, malt syrup, baking soda, ammonium bicarbonate, corn starch, natural and artificial flavour. **May contain egg, milk, soy and/or sulphites.**

## **Chapmans Little Lollys (popsicles)**

Ingredients: Water, Sugars (sugar, glucose), Citric acid, Guar gum, Natural flavour, Annatto extract, Black carrot extract, Spirulina extract, Sodium copper chlorophyllin, Turmeric extract.

## **Kisko Mr. Freeze Freezies**

Ingredients: Water, Sugar/glucose-fructose, Citric Acid, Natural and artificial flavours, Modified cellulose, Sodium benzoate, Potassium sorbate, Stevia extract, Allura red, Brilliant blue FCF, Sunset yellow FCF.

## **Haribo Goldbears (gummi bears)**

Ingredients: Sugars (sugar, glucose syrup, dextrose), Gelatin, Fruit juices from concentrate (apple juice from concentrate, raspberry juice from concentrate, strawberry juice from concentrate, orange juice from concentrate, lemon juice from concentrate, pineapple juice from concentrate), Citric acid, Water, Fruit and plant concentrates (carrot concentrate, apple concentrate, radish concentrate, spirulina concentrate, paprika concentrate, hibiscus concentrate, blackcurrant concentrate, tomato concentrate, Artificial flavours, Beeswax, Camauaba wax. **May contain: Milk, Wheat.**



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## TREATS – Friday (ice cream and sorbet for those with a lactose intolerance)

### Chapmans Ice Cream

Ingredients: Cream, Modified milk ingredients, Sugar, Glucose, Mono and diglycerides, Locust bean gum, Cellulose gum, Guar gum, Carrageenan, Natural and artificial flavour.

### Chapmans Orange Sorbet

Ingredients: Water, Sugar, glucose, Orange puree, (sugar, water, orange peel, locust bean gum, guar gum, colour, natural flavor, sodium benzoate), Locust bean gum, Methyl cellulose gum, Guar gum, Citric acid, Natural flavour, Colour.

## JUICES SERVED WITH LUNCH

### Dr. Oetker Tropical Punch

Ingredients: sugar, citric acid, artificial flavour, sodium citrate, colour, gum Arabic, salt

### Dr. Oetker Cherry Juice

Ingredients: sugar, malic acid, sodium citrate, artificial flavour, colour, salt

### Dr. Oetker Strawberry Kiwi juice

Ingredients: sugar, malic acid, artificial and natural flavours, sodium citrate, colour, salt

### Dr. Oetker Peach Juice

Ingredients: sugar, malic acid, Citric acid, Natural and artificial flavours, Sodium citrate, Colour, Gum Arabic, Salt

### Dr. Oetker Lemonade

Ingredients: sugar, citric acid, sodium citrate, artificial flavour, gum arabic, colour

### Juice Fresh Plus – Fruit Flavour Crystals for apple, raspberry, grape, pink lemonade, lemonade, pear

Ingredients: Sugar, citric and/or malic acid and/or sodium citrate, natural and/or artificial flavour, ascorbic acid (vitamin C – 270mg/100g), colour, tricalcium phosphate and/or silicon dioxide, may contain cellulose and/or Arabic gum.

## FRIDAY COOKOUTS

### Shopsy's Beef Hot Dogs

Ingredients: beef, water, modified corn starch, wheat gluten, salt, potassium lactate, sodium phosphate, spice, sodium erythorbate, sodium diacetate, sugar, garlic powder, sodium nitrate, flavour, smoke. **Contains: wheat.**

### Hain-Celestial Veggie Wiener

Ingredients: Water, soy protein, cane sugar, wheat starch, salt, yeast extract, spices, carrageenan, natural liquid smoke, beetroot powder, potassium chloride, vitamins and minerals (thiamine hydrochloride, riboflavin, niacinamide, pyridoxine hydrochloride, cyanocobalamin, calcium pantothenate, ferric orthophosphate, iron oxide, zinc oxide, dimagnesium phosphate, dipotassium phosphate). **Contains soy, wheat and mustard.**



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## **Baker's Source Hot Dog Buns**

Ingredients: enriched wheat flour, water\*, sugar, yeast\*, soybean and/or canola oil, wheat gluten\*, salt, calcium propionate, diacetyl tartaric acid esters of mono- and di-glycerides, sodium stearoyl-2-lactylate, sorbic acid, sunset yellow FCF, tartrazine, vegetable monoglycerides. \*order may vary.

**Contains: Wheat. May contain: Soy, Sesame seeds.**

## **Lays Potato Chips**

Ingredients: specially selected potatoes, vegetable oil, salt. Gluten-free.

## **Heinz Ketchup**

Ingredients: tomato paste (made from fresh ripe tomatoes), liquid sugar, white vinegar, salt, onion powder, spices.

## **French's Mustard**

Ingredients: vinegar, water, mustard seed, salt, spices, natural flavour, garlic powder.

## **Heinz Relish**

Ingredients: Relish stock (cucumber, cabbage, water, salt, calcium chloride), glucose-fructose, white vinegar, xanthan gum, guar gum, sodium benzoate, potassium sorbate, alum, dehydrated red peppers, extractives of turmeric, colour (yellow #5, blue #1), natural flavouring, polysorbate 80.

## **COOKING SPECIALTY**

### **WEEK 1 and 5 – S'MORES**

#### **Kirkland Chocolate Chips**

Ingredients: Unsweetened chocolate, sugar, soy lecithin, vanilla. **Contains: soy. May contain: milk.**

#### **Sysco Marshmallows**

Ingredients: corn syrup, sugar, modified food starch (corn), gelatin, water, dextrose, natural flavours, tetrasodium pyrophosphate.

#### **Christie Graham Crackers**

Ingredients: enriched wheat flour, whole grain wheat flour, golden sugar and/or sugar, vegetable oil, honey, salt, baking soda, ammonium bicarbonate, monocalcium phosphate, soy lecithin, artificial flavour, asparaginase.

**Contains: wheat, soy.**

### **WEEK 2 and 6 – COOKIE PIES**

#### **Dare Digestive Cookies**

Ingredients: whole grain whole wheat flour, wheat flour, canola oil, sugar, golden syrup, oat hull fibre, salt, skim milk powder, baking soda, soya lecithin. Contains: wheat, oats, soya and milk. May contain: mustard seeds and sesame seeds. Baked in a nut free/peanut free facility.



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## Apple Pie Filling

Ingredients: apples, sugar/glucose-fructose, water, modified corn starch, malic acid, xanthan gum, locust bean gum, guar gum, potassium sorbate, sulfites.

## Cherry Pie Filling

Ingredients: cherries, sugars (sugar/glucose-fructose), water, modified corn starch, citric acid, salt, sodium benzoate, artificial flavour, sunset yellow FCF, amaranth.

## WEEK 3 and 7 – SPIDER DOGS

### Shopsy's Beef Hot Dogs

Ingredients: beef, water, modified corn starch, wheat gluten, salt, potassium lactate, sodium phosphate, spice, sodium erythorbate, sodium diacetate, sugar, garlic powder, sodium nitrate, flavour, smoke. **Contains: wheat.**

## WEEK 4 and 8 – BANNOCK

### Campers will be making and cooking their own bannock

**Recipe:** flour, baking soda, salt, oil, brown sugar, cinnamon, water

## SPECIAL SNACKS

### From Farm to Table Butter & Salt Popcorn – Quest Wednesday August 25th

Ingredients: Whole grain popcorn, Canola oil, Seasoning (Maltodextrin, salt, flavour, spices, beta carotene)

### Original Two-Bite Vanilla Cupcakes for Seniors only on July 30<sup>th</sup>

Ingredients: Sugars (icing sugar, sugar, glucose), shortening (canola, palm, modified palm, modified kernel oil), water, enriched wheat flour, liquid whole egg, soybean and/or canola oil, sprinkles (icing sugar, palm kernel oil, modified corn starch, corn starch, sunflower lecithin, sunset yellow, tartrazine, brilliant blue, erythrosine, confectioner's glaze, polysorbate 60), margarine (contains soybean and modified palm oil), modified milk ingredients, modified corn starch, butter, mono- and diglycerides, baking powder, salt, natural flavour, soybean lecithin, propylene glycol mono- and diesters of fats and fatty acids, citric acid, polysorbate 60.

### Amazing Donuts for ALL campers on Thursday August 5<sup>th</sup> – Olympic Day

Ingredients: **Donuts:** flour, sugar, eggs (22 per batch of 500 donuts), non-dairy vegetable shortening, fresh yeast.

**Icing:** icing sugar, water, vanilla essence, corn syrup, xanthan gum. **All products are nut and tree nut free, sesame seed free, contains no milk products or preservatives.**

### Chapmans Li'l Rocket Lolly popsicles (for July 22 only)

Ingredients: Water, Sugars (sugar, glucose, concentrated watermelon juice, concentrated huito juice), Citric acid, Guar gum, Natural flavour, Annatto extract, Beetroot extract, Black carrot extract, Spirulina extract, Turmeric extract.



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## **Kellogg Rice Krispies Squares**

Ingredients: cereal (rice, sugar, salt, corn and barley malt extract, monoglycerides, vitamins [niacinamide, folic acid], iron, colour). Marshmallow (corn syrup, sugar, gelatin, natural and artificial flavour), fructose, soybean and palm oil, shortening, corn syrup solids, glycerin, dextrose, salt, natural and artificial flavour (contains milk), acetylated tartaric acid esters of mono- and diglycerides, acetylated monoglycerides, BHT. **Contains: Barley and milk ingredients.**

## **Kirkland Granola Bars**

Ingredients: granola, (whole rolled oats, sugar, canola oil [canola oil, ascorbic acid, natural flavour], fancy molasses, sodium bicarbonate, soy lecithin), sugars (glucose, sugar, fructose), semi-sweet chocolate chips (chocolate liquor, sugar, soy lecithin, vanilla extract), crisp rice (rice flour, sugar, calcium carbonate, barley malt extract [corn syrup solids, barley malt extract], salt), canola oil (canola oil, ascorbic acid, natural flavour), glycerin, dried unsweetened coconut, soy lecithin, natural flavour, salt, wheat flakes, modified milk ingredients. **Contains: barley, milk, oats, soy, wheat.**

## **Brownie Bars**

Ingredients: sugar, wheat flour, liquid whole eggs, canola oil, cocoa powder, water, corn syrup, canola/palm blend shortening, sea salt, xantham gum, natural. **Contains: Wheat, egg, soy.**

## **Dum Dum Suckers**

Ingredients: sugar, corn syrup, citric acid, malic acid, salt, artificial flavor, color added (includes: red 40, yellow 6, yellow 5, blue 1).

## **Kerr's Lollypops**

Ingredients: Sugars (sugar, corn syrup), Citric acid, Natural flavours, Colours (Caramel, Allura red, Sunset yellow FCF, Brilliant blue FCF, Tartrazine, Indigotine), Orange oil, Anise oil, Lemon oil. **Contains: Tartrazine**