



CAMP ROBIN HOOD

CAMP FOOD INGREDIENTS LIST

(UPDATED August 22, 2022)

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
-

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.

Hollandia Bakeries Grandmother Sugar Cookies

Ingredients: Enriched wheat flour, sugar, palm oil shortening and/or vegetable oil shortening, water, soy flour, modified milk ingredients, baking soda, salt, soy lecithin, dried whole egg, ammonium bicarbonate, cream of tartar, artificial flavour and colour (contains Tartrazine). **May contain sulphites. COR Dairy**

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. COR Dairy**

Hollandia Bakeries Raisin Oatmeal Cookies

Ingredients: Enriched wheat flour, palm oil shortening and/or vegetable oil shortening, sugar, rolled oats, water, raisins, modified milk ingredients, baking soda, salt, baking powder, dried whole egg, artificial flavour. **May contain soy and/or sulphites. COR Dairy**

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. COR Dairy**



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Hollandia Bakeries Speculaas Cookies (Windmill cookies)

Ingredients: Enriched bleached flour, palm oil shortening and/or vegetable oil shortening, sugar, brown sugar, water, honey, baking soda, salt, ammonium bicarbonate, cream of tartar, spices. **May contain egg, milk, soy and/or sulphites.**
COR Dairy

Dare Bear Paws

Ingredients: Wheat flour, Sugars (sugar/glucose-fructose, fancy molasses), Chocolate chips (sugars [sugar, dextrose], unsweetened chocolate, cocoa butter, soya lecithin, natural flavour), Canola oil, Liquid whole egg, Modified palm oil, Modified wheat starch, Cocoa, Salt, Whey powder, Vegetable glycerin, Baking soda, Natural flavour. **Contains: Wheat, Soya, Egg, Milk. Baked in a peanut free facility.**



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. **COR DE**



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TREATS on Fridays (ice cream and sorbet for those with a lactose intolerance)



Chapmans Ice Cream

Ingredients: Sugars (sugar, glucose), Fresh cream, Modified milk ingredients, Mono and diglycerides, Carob bean gum, Cellulose gum, Guar gum, Carrageenan, Vanilla extract, Natural flavour. **COR Dairy**



Chapmans Orange Sorbet

Ingredients: Water, Sugars (sugar, glucose), Orange puree, (sugar, water, orange peel, carob bean gum, guar gum, annatto extract, beetroot extract, natural flavor, sodium benzoate), Carob bean gum, Methyl cellulose gum, Guar gum, Citric acid, Natural flavour, Annatto extract, Black carrot extract, Turmeric extract. **COR DE**

JUICES SERVED WITH LUNCH

Dr. Oetker Tropical Punch

Ingredients: Sugar, Citric Acid, Artificial Flavours, Sodium Citrate, Amaranth, Titanium dioxide, Brilliant blue FCF. **COR**

Dr. Oetker Cherry Juice

Ingredients: Sugar, Malic Acid, Sodium Citrate, Artificial Flavour, Amaranth, Tartrazine, Brilliant blue FCF. **COR**

Dr. Oetker Strawberry Kiwi juice

Ingredients: Sugar, Malic Acid, Artificial and Natural Flavours, Sodium Citrate, Colour, Salt. **COR**

Dr. Oetker Peach Juice

Ingredients: Sugar, Malic Acid, Citric Acid, Artificial Flavour, Sodium Citrate, Titanium dioxide, Tartrazine, Amaranth. **COR**

Dr. Oetker Lemonade

Ingredients: Sugar, Citric Acid, Sodium Citrate, Artificial Flavour, Gum Arabic, Colour. **COR**



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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. **COR**





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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, Wheat gluten, 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, ipotassium phosphate). **Contains soy, wheat and mustard.** (U)

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. COR**

Heinz Ketchup

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

French's Mustard

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

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. (U)



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COOKING SPECIALTY

WEEKS 1, 3, 5, 7 – S'MORES

Kirkland Chocolate Chips

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

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.

WEEKS 2 – 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**

WEEKS 4 and 8 – BAKED APPLES WITH BROWN SUGAR AND CINNAMON

Campers will be making and cooking their own baked apples

Ingredients: apples, brown sugar, cinnamon

WEEK 6 – COOKIE PIES

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.

Berthelet Apple Pie Filling

Ingredients: Apples, Sugar/glucose-fructose, Water, Modified corn starch, Malic acid, Xanthan gum, Locust bean gum, Guar gum, Potassium sorbate, Sulfites. **MK**

Berthelet Cherry Pie Filling

Ingredients: Sugars (glucose-fructose, sugar), Water, Cherries, Modified corn starch, Citric acid, Sodium benzoate, Potassium sorbate, Sunset Yellow FCF, Sodium erythorbate, Artificial flavour, Tartrazine, Amaranth. **MK**



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SPECIAL SNACKS

Amazing Donuts – July 14 and August 11

Ingredients: **Donuts:** Flour, Sugar, Eggs (22 per batch of 500 donuts), non-dairy vegetable shortening and 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 and no preservatives. COR Parev**



Chapmans Li'l Rocket Lolly popsicles – July 28

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. **COR DE**



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. COR DE**



Kerr's Slush Pops Lollypops

Ingredients: Sugars (sugar, corn syrup, caramel), Citric acid, Natural flavours, Colours (Brilliant Blue FCF, Allura red, Tartrazine, Sunset yellow FCF) **Contains: Tartrazine. COR DE**



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From Farm to Table Canada Butter & Salt Flavour Popcorn (For Quest August 24th)

Ingredients: GMO-free Popcorn, Canola and/or Sunflower Oil, Seasoning (maltodextrin, salt, flavour, spices, beta carotene). **Peanut-Free, Gluten-Free. Prepared in a nut-free environment.**

FOR CIT/LIT'S ONLY – July 27

Your Fresh Market Vanilla Celebration Cake (from Walmart)

Ingredients: Cake (sugar, enriched wheat flour, soybean oil, water, liquid whole egg, whey protein concentrate, modified corn starch, baking powder, dried egg white [egg white powder, yeast, citric acid], mono- and diglycerides, propylene glycol mono fatty acid esters, salt, sodium aluminium phosphate, sodium stearoyl-2-lactylate, disodium dihydrogen diphosphate, polysorbate 60, dicalcium phosphate, xanthan gum, monocalcium phosphate, soy lecithin, cellulose gum). Icing (sugar, shortening [canola, palm, modified palm and modified palm kernel oils], water, natural flavour, glycerin, gum arabic, sunflower oil, triglycerides of middle chain fatty acids, beta-carotene, ascorbic acid, citric acid, tocopherols, sodium citrate, spirulina extract, beet red).

Candies (icing sugar, sunflower oil, modified corn starch, corn starch, sunflower lecithin, beta-carotene, turmeric, annatto, beet red, spirulina).

Contains: Milk, Eggs, Soy, Wheat. May contain: Sulphites.

Made in a peanut free facility.

Your Fresh Market Chocolate Celebration Cake (from Walmart)

Ingredients: Cake (water, sugar, enriched wheat flour, liquid whole egg, soybean oil, cocoa powder, whey protein concentrate, modified corn starch, baking soda, dried egg white [egg white powder, yeast, citric acid], propylene glycol mono fatty acid esters, mono- and diglycerides, sodium aluminium phosphate, salt, sodium stearoyl-2-lactylate, polysorbate 60, xanthan gum, monocalcium phosphate, soy lecithin, cellulose gum).

Icing (sugar, shortening [canola, palm, modified palm and modified palm kernel oils], water, cocoa powder, natural flavour, glycerin, gum arabic, sunflower oil, triglycerides of middle chain fatty acids, beta-carotene, ascorbic acid, citric acid, tocopherols, sodium citrate, spirulina extract, beet red).

Candies (icing sugar, sunflower oil, modified corn starch, corn starch, sunflower lecithin, beta-carotene, turmeric, annatto, beet red, spirulina).

Contains: Milk, Eggs, Soy, Wheat, Sulphites.

Made in a peanut free facility.