



CAMP ROBIN HOOD

CAMP FOOD INGREDIENTS LIST

(UPDATED June 20, 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.**

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 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.**

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.**



CAMP ROBIN HOOD

Hollandia Bakeries Speculaas 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.**

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.

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.

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.

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.



CAMP ROBIN HOOD

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.**

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

WEEKS 1, 3, 5, 7 – 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.



CAMP ROBIN HOOD

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 and 8 – 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 – 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.

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

WEEK 6 – BANNOCK

Campers will be making and cooking their own bannock

Ingredients: flour, baking soda, salt, vegetable oil, brown sugar, cinnamon, water



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SPECIAL SNACKS

Amazing Donuts

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.**

Chapmans Li'l Rocket Lolly popsicles

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.

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**