



CAMP ROBIN HOOD

CAMP FOOD INGREDIENTS LIST

(UPDATED July 24, 2023)

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

- DAILY TREATS & JUICE
 - FRIDAY PIZZA
 - COOKING ACTIVITY
 - SPECIAL SNACKS
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DAILY TREATS



MONDAY - Kisko Mr. Freeze Jumbo freeze pops (assorted flavours)

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.

Peanut/Nut free, Gluten free



TUESDAY - Made Good Chocolate Chip Crispy Squares

Ingredients: Brown rice crisps*, Sugars* (invert cane syrup*, brown rice syrup*), Chocolate chips* (cane sugar* unsweetened chocolate*, cocoa butter*), Vegetable glycerin*, Water, Cocoa powder*, Palm fruit oil*+, Inulin*, Pea protein isolate*, Salt, Natural flavour*, Tapioca starch*, Vegetable extracts (spinach, broccoli, carrots, tomatoes, beets, shiitake mushrooms) Xanthan gum.

*Organic +Sustainable

Free from peanuts, dairy, wheat & gluten, sesame, tree nuts, egg, soy, fish and shellfish



WEDNESDAY - 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**

Peanut/Nut free, Gluten Free



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THURSDAY – Kirkland Soft & Chewy 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.

Peanut free



THURSDAY – Made Good Granola Bars (for those requiring gluten and dairy free)

Ingredients: Pure gluten free oats*, Sugars* (agave syrup*, brown rice syrup*, invert cane syrup*). Chocolate chips* (cane sugar*, unsweetened chocolate*, cocoa butter*), Sunflower oil*, Brown rice crisps*, Vegetable extracts (spinach, broccoli, carrots, tomatoes, beets, shiitake mushrooms), Natural flavour*, Agar*, Salt. *Organic

Peanut free, tree nut free, wheat free, dairy free and also free from egg, soy, sesame, fish and shellfish



FRIDAY - 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**

Peanut/Nut free and gluten free.



FRIDAY - Chapmans Orange Sorbet (for those with a lactose intolerance)

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**

Peanut/Nut free, gluten free and lactose free.



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JUICE – served with lunch each day. Flavour will vary from day to day.

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 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**

PIZZA FRIDAYS

Cheese pizza is supplied every Friday from Pizza Pizza. Please refer to their website for ingredients.

<https://www.pizzapizza.ca/about-us/#nutrition>

Gluten free crust and dairy free cheese is also available.

Lays Potato Chips

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

CUPCAKES FOR COLOUR WARS – JULY 27

Cupcakes from Amazing Donuts

Ingredients for cupcakes: flour, sugar, eggs, oil, water, salt, baking powder, baking soda, vanilla essence

Ingredients for Icing: icing sugar, water, vanilla essence



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COOKING ACTIVITY

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 and 8 – 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**

WEEK 4 – BANNOCK

Ingredients: water, flour, vegetable oil, baking powder, salt, cinnamon

WEEK 6 – CANDY APPLES

Ingredients: apples, cinnamon, brown sugar