



CAMP ROBIN HOOD

CAMP FOOD INGREDIENTS LIST 2025 (updated July 16, 2025)

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

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 – Dare Chocolate Chip Bear Paws

Ingredients: Wheat flour, sugar/glucose-fructose, chocolate chips (sugar, unsweetened chocolate, dextrose, cocoa butter, soya lecithin, natural flavour), canola oil, liquid whole egg, modified palm oil, fancy molasses, modified wheat starch, cocoa, salt, whey powder, vegetable glycerin, baking soda, natural flavour.

Peanut free



TUESDAY – Made Good Soft Baked Red Velvet Mini Cookies (for those requiring gluten and dairy free)

Ingredients: Gluten free flour blend* (oat flour*, tapioca starch*, ground chia seeds*), Sugars* (invert cane syrup*), Palm fruit oil*, Vanilla chips* (cocoa butter*, cane sugar*, tapioca starch*, rice syrup solids*, rice maltodextrin*, vanilla extract*), Sunflower oil*, Vegetable glycerin*, Natural flavours*, Baking powder, Beet powder*, Cocoa powder*, Vegetable extracts (spinach, broccoli, carrots, tomatoes, beets, shiitake mushrooms), Sea salt. *Organic.

Dedicated facility free from: Peanuts, Tree nuts, Dairy, Egg, Wheat & Gluten, Soy, Sesame, 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, Tree nut, soy, dairy, egg, sesame, wheat & gluten, fish and shellfish free



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 requiring lactose free)

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 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**

Fresh Plus Raspberry Fruit Flavoured Drink mix

Ingredients: Sugar, Malic Acid, Ascorbic acid (Vitamin C), Artificial flavour, Amaranth, Silicon dioxide, Gum arabic, Cellulose gum, Titanium Dioxide, Brilliant blue FCF. **COR**

Fresh Plus Pear Flavoured Drink mix

Ingredients: Sugar, Malic Acid, Sodium citrate, Natural flavour, Ascorbic acid (Vitamin C), Tricalcium phosphate, Cellulose gum, Gum arabic, Titanium dioxide, Tartrazine, Amaranth, Brilliant blue FCF. **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>

Meets both Bill 8 (no added trans fat) and the Ontario School Food and Beverage Policy 2011 (PPM 150).

Pizza crust and sauce are completely vegan. Cheese is rennet free. All pizzas are nut-free. Allergen: milk

Gluten free crust and dairy free cheese is also available.

Lays Potato Chips

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



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COOKING ACTIVITY

SESSIONS 1 & 3 – 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.

ALTERNATE: CANDY APPLES

Ingredients: apples, brown sugar

SESSIONS 2 & 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 Lemon Pie Filling

Ingredients: Water, Sugars (glucose-fructose, glucose, sugar), Modified corn starch, Modified palm oil, Vegetable oil, Citric acid, Salt, Agar, Natural flavour, Potassium sorbate, Sodium citrate, Titanium dioxide, Tartrazine, Guar gum, Sunset Yellow FCF. **MK**

Berthelet Raspberry Pie Filling

Ingredients: Sugars (glucose-fructose), Water, Raspberries, Modified corn starch, Salt, Artificial flavour, Tartrazine, Sodium benzoate, potassium sorbate, Citric acid, Sodium erythorbate, Amaranth. **MK**

ALTERNATE: CANDY APPLES

Ingredients: apples, brown sugar



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SPECIAL SNACKS

THURSDAY JULY 10 – CRH FEST

Chapmans Vanilla Ice Cream Sandwich

Ingredients

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

Wafers: Enriched wheat flour, Sugars (sugar, glucose-fructose, dextrose), Caramel colour, Palm oil, Corn flour, Cocoa, Modified corn starch, Baking soda, Salt, Mono and diglycerides, Soy lecithin.

Peanut/nut and egg free. COR.

THURSDAY JULY 24 – COLOUR GAMES

School Safe Brownies

Ingredients: Sugars (cane sugar, glucose/corn syrup solids). Enriches unbleached wheat flour, Canola oil, Cocoa powder, Whole egg, Corn starch, Salt, Soybean oil, Baking powder, Natural flavours.

Contains: Egg, Soy, Wheat.

Dairy, peanut, tree-nut free. Kosher. No Artificial Colours or Flavours.

Chapmans Vanilla Li'l Sammich

Ingredients

Ice cream: Fresh Cream, Modified Milk Ingredients, Sugar, Glucose, Mono and Diglycerides, Carob Bean Gum, Cellulose Gum, Guar Gum, Carrageenan, Vanilla Extract, Natural Flavour.

Wafers: Enriched wheat flour, Sugar/Glucose-Fructose, Caramel Colour, Dextrose, Palm Oil, Corn Flour, Cocoa, Modified Corn Starch, Baking Soda, Salt, Mono and Diglycerides, Soya Lecithin

Peanut/nut and egg free. COR.

THURSDAY AUGUST 8 – ROBIN HOOD OLYMPICS

Amazing Donuts 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. COR Parev**

TUESDAY AUGUST 20 – QUEST FOR THE GOLDEN ARROW

Coming Soon