



CAMP ROBIN HOOD

CAMP FOOD INGREDIENTS LIST 2026 (Updated July 29, 2026)

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
- CAMP WIDE SPIRIT DAY 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 – Allergy Smart chocolate chip cookies (for those requiring gluten and dairy free)

Ingredients: Gluten-free oats, brown sugar*, chocolate chips (sugar, unsweetened chocolate liquor, cocoa butter), sustainable palm shortening, maple syrup, invert sugar*, tapioca syrup, vanilla extract, vanilla flavour*, aluminum-free baking powder, Himalayan salt, aluminum-free baking soda. *organic ingredients

Peanut & tree nut free, top allergen free, gluten free, vegan, COR Pareve



WEDNESDAY - Chapmans Little Lollies (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.

Fresh Plus Apple Fruit Flavoured Drink mix

Ingredients: Sugar, Malic Acid, Artificial flavour, Ascorbic acid (Vitamin C), Silicon dioxide, Tartrazine, Amaranth, Indigotine, Sunset yellow FCF, Brilliant blue FCF. **COR**

Fresh Plus Grape Flavoured Drink mix

Ingredients: Sugar, Citric acid, Artificial flavour, Ascorbic acid (Vitamin C), Sodium citrate, Silicon dioxide, Amaranth, Sunset yellow FCF, Cellulose gum, Brilliant blue FCF. **COR**

Fresh Plus Pink Lemonade Flavoured Drink mix

Ingredients: Sugar, Citric Acid, Malic acid, Ascorbic acid (Vitamin C), Sodium dioxide, Cellulose gum, Gum Arabic, Titanium dioxide, Amaranth, Sunset yellow FCF. **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

SESSION 1,4,6,8 – S'MORES

Kirkland Chocolate Chips

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

Hershey's chocolate chips

Ingredients: Semi-sweet chocolate (sugar, unsweetened chocolate, cocoa butter, milk ingredients, lecithin (soy), natural flavour. **Contains: Milk, soy. Gluten free**

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.

No Name Graham Crackers

Ingredients: Enriched wheat flour, graham flour, sugars (sugar, fancy molasses, honey), High oleic canola oil and/or high oleic sunflower oil (contains rosemary extract, ascorbic acid), whole grain whole wheat flour, wheat bran, wheat flakes, baking soda, salt, ammonium bicarbonate, sulphites. May contain: sesame, mustard.

Contains: wheat, soy. Made in a peanut-free facility. COR

WEEKS 2,3,7 – BANNOCK

Ingredients: Flour, baking powder, salt, white sugar

WEEK 5 – 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**

Sysco Classic Apple Pie Filling or Dawn Food Products Apple Pie Filling may be substituted.

Subject to availability.



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SPIRIT DAY SNACKS

THURSDAY JULY 9 – CRH FEST

Chapmans Vanilla ice cream sandwich

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 Shortening, Corn Flour, Modified Corn Starch, Baking Soda, Soy Lecithin, Mono And Diglycerides, Salt, Cocoa.

Contains: Milk, soy, wheat. Peanut & nut free, egg free. Kosher Dairy



THURSDAY JULY 23 – COLOUR GAMES

Caramel Ice Cream: Sugars (sugar, Glucose), Fresh Cream, Modified Milk Ingredients, Mono And Diglycerides, Carob Bean Gum, Cellulose Gum, Guar Gum, Carrageenan, Caramel Colour, Annatto Extract, Natural Flavour.

Vanilla 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.

Sugar Cone: Enriched Wheat Flour, Sugars (sugar, Blackstrap Molasses), Canola Oil, Salt, Soya Lecithin, Caramel Colour. Chocolatey Lining And Topping: Sugar, Coconut Oil, Modified Palm And Palm Kernel Oil, Soybean Oil, Cocoa, Skim Milk Powder, Soya Lecithin.

Chocolatey Centre: Sugars (glucose, Sugar, Sweetened Condensed Milk, Dextrin), Water, Cocoa, Canola Oil, Modified Palm And Palm Kernel Oil, Modified Tapioca Starch, Sodium Alginate, Salt, Natural Flavour, Potassium Sorbate, Soya Lecithin, Sodium Phosphate, Xanthan Gum, Caramel Colour.

Chocolatey Rice Crisps: Sugar, Rice Crisps (rice Flour, Brown Sugar, Salt, Malt Extract, Rice Extract), Cocoa, Coconut Oil, Modified Palm Kernel Oil.

Contains: Milk, soy, barley, wheat. Peanut & nut free, egg free. Kosher





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THURSDAY AUGUST 6 – 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**

TUES & WED AUGUST 18/19 – The Quest For The Golden Arrow

Coming soon