



CAMP ROBIN HOOD

CAMP FOOD INGREDIENTS LIST 2024 (updated July 11, 2024)

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 (for Inters, Seniors & Sports Academy)

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 Granola Minis Chocolate Banana (for Munchies and Juniors or those requiring a gluten free and/or dairy free snack)

Ingredients: Pure gluten free oats*, Sugars* (cane sugar*, invert cane syrup*, agave syrup*, brown rice syrup*), Dried banana pieces* (dried bananas*, banana powder*), Sunflower oil*, Chocolate chips* (cane sugar*, unsweetened chocolate*, cocoa butter*), Brown rice crisps*, Inulin*, Tapioca starch*, Vegetable extracts (spinach, broccoli, carrots, tomatoes, beets, shiitake mushrooms), Natural flavour*, Salt.*

Peanut, Tree nut, soy, dairy, egg, sesame, wheat & gluten, fish and shellfish free



WEDNESDAY - Chapmans Little Lolly (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 - Chapman's 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 - Chapman's 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 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>

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 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, Amarantn. **MK**

ALTERNATE: CANDY APPLES

Ingredients: apples, brown sugar



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SPECIAL SNACKS

THURSDAY JULY 11 – CRH FEST

School Safe Brownies

Ingredients: Sugar, Enriched Wheat Flour, Canola Oil, Liquid Whole Eggs, Water, Cocoa Powder, Corn Syrup (Glucose, Water, Refiners Syrup, Potassium Sorbate), Canola/Palm Blend Shortening, Salt, Xanthan Gum, Natural Flavour. **Contains: egg, soy, wheat. Dairy, peanut, tree-nut free. Kosher.** Made by Treasure Mills Inc.

Snow Cones

Blue Raspberry Syrup Ingredients: Water, high fructose corn syrup, natural and artificial flavours, Citric acid, propylene glycol, Xanthan gum, sodium benzoate (Preservative), Blue 1. Made by Gold Medal Products Co.

Cherry Syrup Ingredients: Water, high fructose corn syrup, natural and artificial flavours, Citric acid, propylene glycol, Xanthan gum, sodium benzoate (Preservative), Red 40, Blue 1. Made by Gold Medal Products Co.

THURSDAY JULY 25 – COLOUR GAMES

Chapmans Chocolate Centre Ice Cream Cones

Ingredients: 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. **Made in a peanut and nut free facility.**

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 and WEDNESDAY AUGUST 21 – QUEST FOR THE GOLDEN ARROW COMING SOON