

## Dietary Restrictions at Camp

YMCA Camp High Harbour food services staff prepares meals that are both healthy and kid-friendly. Meals are served family-style with a salad option at both lunch and dinner. Vegetarian options are always available, and we try to accommodate other dietary needs. Some restrictions *may* require a small amount of supplementary food be sent to Camp by parents.

**For the health and safety of our campers, we maintain a staff to camper ratio of 1:7. In order to maintain that ratio and to not place our other campers at risk, we are not able to prepare meals that require one-on-one preparation, additional food storage or cannot be cross contaminated during preparation.** Should your camper fall under these guidelines, we will be happy to work with you in finding a summer camp program that will better accommodate your camper's needs.

Regular Meals at Camp include:

### **Breakfast**

Cereal  
Scrambled Eggs & Toast  
Bacon & Sausage

### **Lunch**

Chicken Sandwiches  
Pizza  
Burritos

### **Dinner**

Chicken & Potatoes  
Spaghetti & Meatballs  
Lasagna