

Douglas College Sports Institute

*Spring break camps 2025*

Monday

Main: Chicken Strips

Crispy, golden-fried chicken strips served with a dipping sauce.

## Thursday

Main: Chicken Quesadilla with Bell Peppers and Cheese

Grilled tortillas filled with seasoned chicken, bell peppers, and gooey cheese.

Vegetarian Main: Quesadilla with Bell Peppers, Onions, and Black Beans

A vegetarian quesadilla loaded with flavorful veggies and black beans.

Sides: Salsa and Sour Cream

Zesty salsa and creamy sour cream for dipping.

Dessert: Chocolate Mousse

Rich, silky-smooth chocolate mousse.

## Friday

Main: Chicken and Vegetable Stir-Fry

Hearty stir-fry with tender chicken and fresh vegetables in a savory sauce.

Vegetarian Main: Tofu and Vegetables / 0 -



