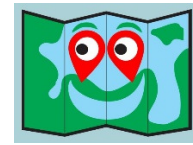




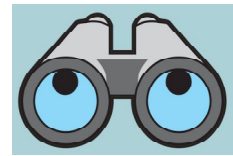
Offer of Service Handbook

Version 1 – February 3, 2024



Dave Nicolson
Subcamp Lead

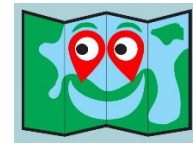
Dave.nicolson@scouts.ca



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Welcome

Welcome to Pacific Jamboree 2024.

And a big thank you for joining us in running the Pacific Jamboree.

Offers of Service (OOS) Volunteers like you are critical to ensuring all the Adventures are managed in a safe and healthy environment. We could not run this Jamboree without your passion and commitment. You are joining a dedicated team of volunteers who have been planning and preparing for the Pacific Jamboree for the last 2 years.

With approximately 2700 Scouts and Scouters attending and another 900 OOS we will become our own little city in the woods, complete with a townsite, medical, fire, security, food services, and lots of Adventure programs. That is a lot of people and activity in a small area. We ask that you remember safety in all that you do at the Jamboree.

We also ask that you have fun, meet new friends, and learn new skills.

We look forward to welcoming you to Pacific Jamboree and we commit to doing what we can to make sure you have a fantastic Jamboree experience. Thank you again for your commitment to Scouts Canada.

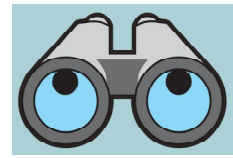


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Andrew Dallas
Camp Co-Chair

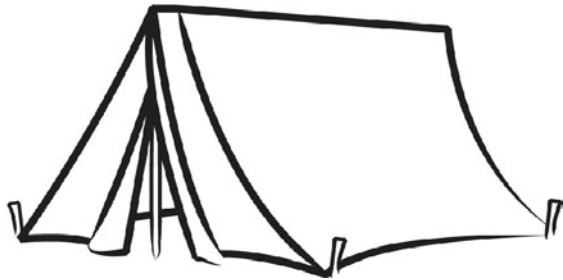


Bea Collier-Pandya
Camp Co-Chair



Did you know?

PJ'24 will be the sixth Provincial Jamboree Hosted at Camp Barnard. Jamborees were previously held here in 1974, 1983, 1987, 2015 and 2019.



The Empress Hotel serves more than 500,000 cups of tea annually.



Camp Barnard (3202 Young Lake Rd) was originally donated to Scouts Canada by Senator George Barnard in 1945.

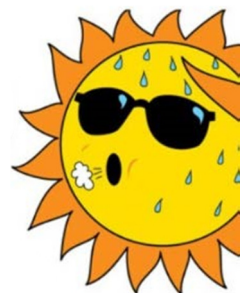


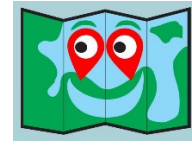
In the summer there are over 1600 hanging flower baskets all around Victoria. How many have you seen?

The highest temperature ever recorded at the Gonzales weather station in Victoria (records since 1874) was 39.8° C (June 28, 2021) and the lowest temperature was -15.6° C.



The OOS Subcamp HQ is located at 48° 24' 20.0" N 123° 45' 36.6" W





Getting to PJ

Transportation and Parking

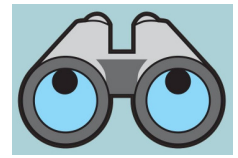
OOS transportation from Swartz Bay Ferry and Victoria Airport will be available from July 2-5 and on July 13-14. **PLAN WELL IN ADVANCE.** To arrange transportation July 2-5 or July 14, go to the Pacific Jamboree website and click on Transportation – be aware of deadlines and timelines posted on the website.

For transportation needs between June 29 to July 1 contact your team lead or the OOS Subcamp lead (dave.nicolson@scouts.ca).

There is no room at Camp Barnard for all the vehicles that OOS and participants could bring. Therefore, all parking will be off site and access to vehicles will be restricted. Contact your team lead for further directions on parking (which is still TBD). Absolutely no personal vehicles are allowed on-site during the Jamboree. Consider asking a friend to drop you off, or carpool with other OOS.

You will need to carry your gear from the drop off point to your assigned campsite which could be up to 2 kms, so pack well.

See the OOS FAQ for details on travel discount from westjet and groups of 10 or more on BC Ferry.



Arrival

When you arrive at PJ 2024, the first thing you need to do is follow the signs to the OOS Check-in. Here, we will sign you into the camp and give you your official PJ'24 identification, neckerchief and crest. We will then help you find a spot to pitch your tent and provide a PJ orientation.

Following check-in and setting up your tent, you will want to report to your team leader to let them know you have arrived.

The OOS Subcamp team will be onsite as of June 29th and officially open for business on July 1st.

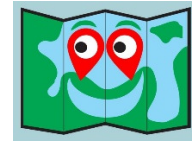
Early arrival

Contact the sub-camp lead dave.nicolson@scouts.ca or subcamp admin mike.tennisco@scouts.ca to reserve a spot – we only have a limited number. Unless otherwise directed by your team leader, we are not allowed on the Jamboree site until June 29. OOS check in will not be available until July 1. If you are directed to be on site before July 1 please coordinate with your team leader. They and OOS Subcamp staff will direct you where to set up.

If you want to arrive before your team needs you, no problem, we can use your help. Contact OOS Subcamp lead dave.nicolson@scouts.ca and we will set you up with a job.

Departure

While participants depart July 13, we need as many OOS as possible to stay until July 14. There is a lot of dismantling and clean up needed to return Camp Barnard to the state it was in prior to the Jamboree. We need your help!



Key Dates

April 1 – all screening requirements must be complete. In addition to being a member in good standing registered with Scouts Canada:

- Under 18
 - youth code of conduct
 - Scouting Fundamentals and Respect in Sport
 - Letter of reference from Company Scouter
 - Category 3 permission form
- Age 18 and over
 - Adult code of conduct,
 - PRC with VSS current through the Jamboree
 - Scouting Fundamentals and Respect in Sport
 - Wood Badge 1 for Canadian Path

June 1 – review your online registration form to ensure your medical and food allergy information is current

June 29th – OOS Staff Feeding opens with dinner

July 1st – OOS check-in opens

July 6th – Participant units arrive. OOS check in moves to OOS Subcamp HQ

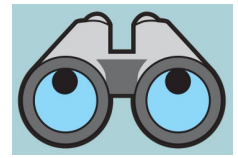
July 7th – Opening Ceremonies (morning) & start of program (afternoon)

July 12th – End of program (afternoon) & Closing Ceremonies (evening)

July 13th – Participant units depart

July 14th – OOS Staff feeding closes with lunch





OOS Subcamp – Chomolungma / Sagarmatha

The OOS Subcamp is named after the highest point in the world.

The local Tibetan name for Mount Everest is Chomolungma, meaning "Goddess Mother of the World." Chomolungma is pronounced CHOH-moh-LUHNG-m?.

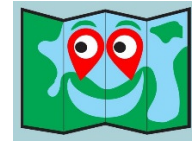
The Nepali name for Mount Everest is Sagarmatha, meaning "Goddess of the Sky." Sagarmatha is pronounced suh'gr'ma'thuh

The lodges (aka Chomolungma / Sagarmatha) are the highest point on the Camp Barnard property, and you will know it well as your home for the duration of PJ 2024. Our OOS Subcamp headquarters are at the lodges on top of the hill – Everest Basecamp. The Subcamp team is your support crew during the Jamboree. If you need anything during the Pacific Jamboree, come visit us at Everest Basecamp, Subcamp Chomolungma / Sagarmatha headquarters, and we will do our best to help.

Accommodation

We are expecting 900 OOS at PJ'24! Space for tenting will be very tight. Please try to keep your tents small and share tents among OOS if you are coming with friends. Yes, we will have some space for hammocks. We have a limited number of Cabins (Cub condos) – these sleep up to 4 people each. Cabins have four canvas sling bunks each and some have electric lighting. OOS with mobility challenges and those for whom travelling with a tent will be difficult should consider the Cub Condos. Contact the sub-camp lead dave.nicolson@scouts.ca or subcamp admin mike.tennisco@scouts.ca to reserve a spot – we only have a limited number.

While all OOS are members of Subcamp Chomolungma / Sagarmatha, some will be camping in other areas. For example, Unit Subcamp staff will be camping in their respective Subcamps, Medical & Security staff will be camping near the Health Centre and some program staff will even be camping offsite. No matter where you camp, you can still take part in any of the OOS Experience events and activities.



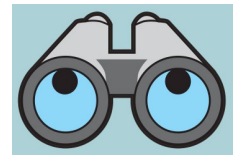
Respect Nature

The environment of Camp Barnard is sensitive to disruption. It is home to owls, bears, cougars, several species of birds and even has a salmon bearing stream that passes through. Although roughly 3,000 people will call Camp Barnard home during the Jamboree, we still want to minimize our impact.

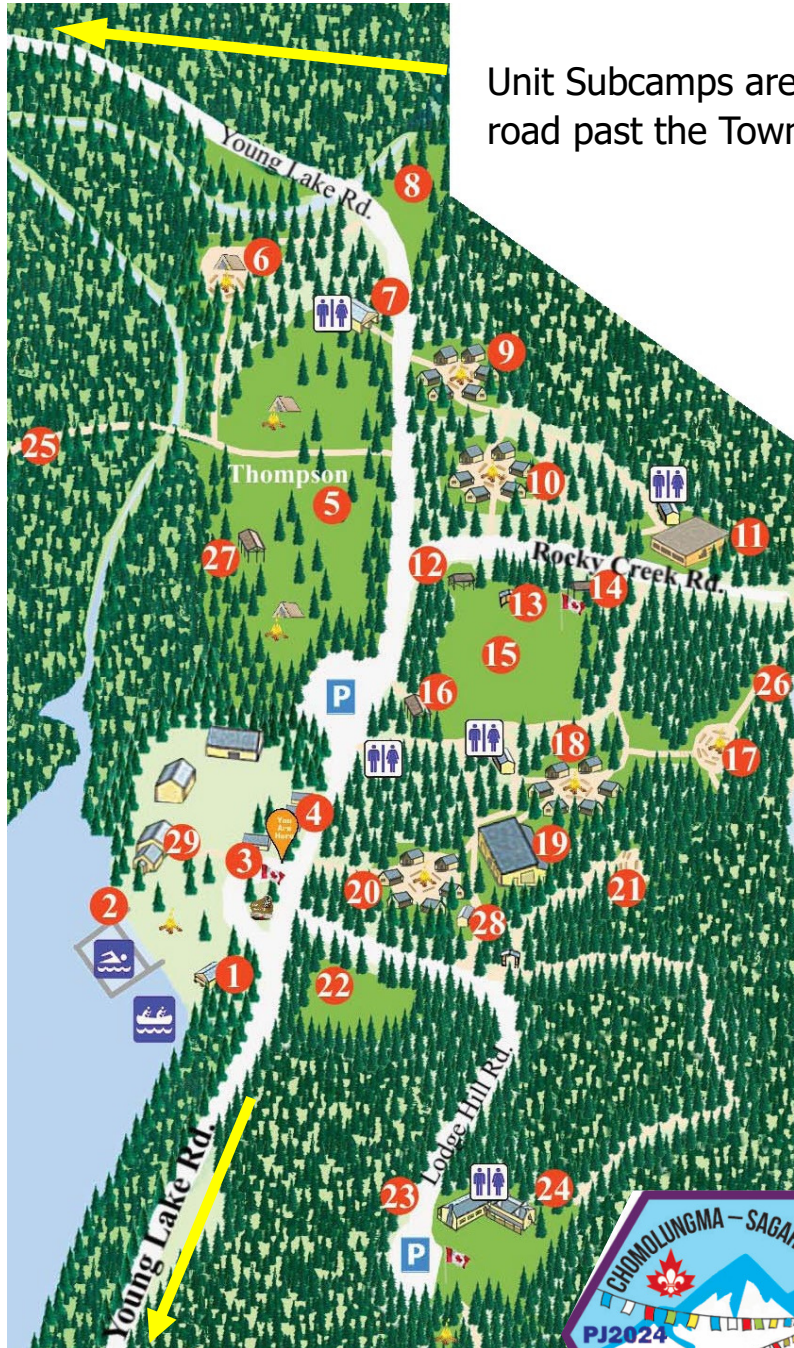
Always keep the following in mind:

- Walk on marked trails and paths whenever possible
- Do not cut down trees or shrubs or pick flowers or mushrooms
- Turn off water taps if you are not using them
- Use bio degradable shampoo and soap when washing
- All OOS are expected to lead by example and be fully engaged in the compost and recycle program. Separate waste and items for compost and recycling
- Never throw away waste or trash in the wild





PJ Map



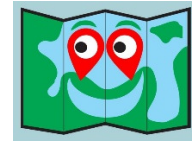
Unit Subcamps are up the road past the Townsite

Some of the key areas at PJ

- 3 OOS Check-In (July 1 TO July 5)
- 24 OOS Subcamp HQ (Check in July 6)
- 19 OOS Staff Feeding
- 21 OOS Care Core Rest Stop
- 5 Townsite
- 27 Trading Post
- 22 Quartermaster
- 15 Opening / Closing field
- 2 Swimming (OOS only evenings, limited space)

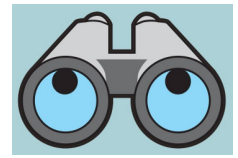
Main entrance to PJ is down Young Lake Road





Code of Conduct

- Always remember that you are lucky to be at the Jamboree.
- Wear the official PJ Neckerchief/Scarf and ID at all times unless asked to remove them for health & safety reasons.
- Wear your official PJ OOS shirt whenever on shift, unless your role requires otherwise.
- Ensure that you report for your OOS shift when scheduled, Scouts are relying on you!
- Be tolerant, respectful, and understanding of others.
- Respect other cultures and practices.
- Remember that others may misinterpret your actions and act accordingly. (e.g. physical contact or bad language.)
- Be polite to others and behave as befits a member of Scouting.
- Respect other people's property. Leave it alone unless you own it or brought it. Only enter tents or sites when invited.
- Consumption, possession and/or being under the influence of alcohol or cannabis (or any controlled substances) during PJ is prohibited. A zero tolerance policy in this regard.
- Smoking and vaping is only allowed in designated smoking areas.
- Be considerate in the Subcamp at night when people are asleep, especially from 11:00 pm to 7:00 am.
- Practice safe sexual conduct. Remember: Always get consent.
- Be considerate of others when using and leaving showers and lavatories.
- Be assertive and take action if you witness something that is not OK, and encourage others to do the same. If you suspect abuse, take it seriously and take immediate action.
- Follow the Scout Law at all times.



Important Things to Know

PJ Safety Team

Greetings from the PJ 2024 Safety Team. All areas of the Jamboree are required to submit a safety plan. These plans reflect that the Scouters have walked through their activity or area of responsibility, identified the areas of risk, and have thought through how to make things as safe as possible.

The purpose of the PJ Safety Team is to support follow-up after an incident or injury. This process is part of our Plan-Do-Review process, because even at fun events like PJ, things can happen. We want to know about it so we can make any changes to make things safer. Let us know, make sure incidents, accidents, or concerns are reported...there are no bystanders. Safety is everyone's responsibility.

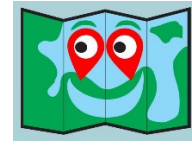
The Safety Office will be located in the same area as Administration, the upper level of Keego building. Most of the team will be mobile for much of the day, but there will always be somebody in the Safety Office who will know how to get a hold of us. Office hours will be daily from 7:30 am to 5:30 pm (camp time).

Emergency Procedures

Camp Barnard is a large site and emergency procedures will vary depending on where you are camping and your job role. Be sure to familiarize yourself with emergency procedures and escape routes for your area.

Fires

There are no fires permitted at Camp Barnard during the Jamboree.



First Aid

In the event of an injury, no matter how small, ensure that you seek out the assistance of PJ's highly skilled medical team.

First Aiders can be easily identified by their Navy colour shirts. There will be roaming first aid teams plus first aid tents positioned in convenient locations. The first aiders will determine if any ill or injured person should be sent to the Health Centre for attention.

All Scouting members have a responsibility to report any incident by completing an Incident Report form. In case of uncertainty, OOS should discuss the matter with the OOS Subcamp lead who can draw on additional resources as necessary.

All Scouters, Department heads and Adventure leads should have the ScoutSafe App downloaded.

Care Corp Mental Health

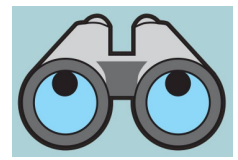
This group of volunteers has gathered to help and support all attendees at PJ24. Care Corp will provide opportunities for calming places, so youth and Adults don't get so overwhelmed while at camp.

Care Corp will set up R.E.S.T. Stops. Think: **R**elax. **E**xhale. **S**elf-Regulate. **T**alk.

Scouters and Youth will staff these stations at each subcamp and the main field with mental first-aid training/coaching. There will be a Quiet area with self-regulation tools for your youth to access, to bring them back to a good mental health space where they can go back to participate with their troop.

But wait, there is more! We will also be wearing pink vests and walking around camp. If you see us say hi! We just might have cookies and a listening ear or two!





Shirts

We did this in 2019 and are bringing it back in 2024. OOS will wear one of two coloured shirts. Purple for most teams such as program, sub camps, transport, site services, etc. Medical and Safety will wear Navy shirts.

The idea here is that Jamboree volunteers will be easier to identify by having the same colour shirt. Please ensure you are wearing your OOS shirt whenever you are on shift.

Food

You are going to get hungry. OOS feeding will be hosted at Keego kitchen. Dishes and utensils are provided but consider bringing a water bottle and travel mug for portable coffee/hot chocolate. Meal times are as follows:

Breakfast: 6:30 am to 8:30 am (7:30 am to 8:30 am June 29 to July 4)

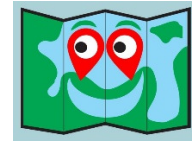
Lunch: 11:30 am to 1:30 pm

Dinner: 5:30 pm to 7:30 pm

Notes:

- See the appendix for a draft menu plan for OOS
- Box lunches for offsite OOS are picked up at breakfast
- Feeding times will be compressed June 29th to July 4th and on July 14th
- There will be a special feeding schedule for late night medical and security

There will be beverages available at Keego between meal times. You can also fill your water bottle at Chomolungma / Sagarmatha Subcamp HQ.



Subcamp Access

For the safety of the youth participants at PJ 2024, access to the unit Subcamps is restricted. Effective 9:00 pm each evening, only those who reside in the unit Subcamps, the Subcamp staff and security & medical staff are permitted in those areas. Please do not attempt to enter the unit Subcamps during this time.



Smoking and Vaping

In accordance with Scouts Canada's Code of Conduct, no Scouts Canada member is to smoke or vape in front of youth members. Designated smoking areas will be established. All other areas of the Jamboree are strictly non-smoking.

Also in accordance to the Scouts Canada Code of Conduct, the smoking of cannabis or consumption of any illegal substance at the Jamboree is not permitted.

Power Up

Almost everyone carries a device these days and these devices require power. There will be charging stations set up at Subcamp HQ and at OOS Staff Feeding. These charging stations will not be monitored so you need to keep an eye on your own device. Charge at your own risk. Be sure to bring your own charging block and cable.

Some OOS require the use of a CPAP or mobility device. Please come equipped with a battery and charger for your CPAP or mobility device. We will be happy to charge your battery for you. Please advise Subcamp staff upon check-in. Three of the "Cub Condos" have power outlets, which may be a good option for those who require a CPAP or have mobility challenges. Contact the sub-camp lead dave.nicolson@scouts.ca or subcamp admin mike.tennisco@scouts.ca to reserve a spot – we only have a limited number.



Internet Access

Access to internet through either data connections or Wi-Fi could be very limited. With close to 3000 people on site, please be aware that any open cell coverage could quickly become overloaded and challenging.

Portable Toilets

Portable toilets will be used throughout the Jamboree. Please keep these facilities clean. At times of pumping out, the supplier will wash and disinfect each toilet. Toilets will only be as clean as you keep them.



Lost and Found

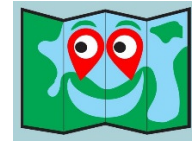
Make it easy on us, don't lose anything, or label important things with your name. Any misplaced items found in the OOS Experience can be turned into OOS Subcamp admin at Everest Basecamp. Found items will be held by OOS Subcamp Admin for 24 hours and then turned in to Jamboree Admin (Registration), located upstairs in the OOS feeding facility. This information will also be posted on the OOS news board located by the OOS food area. Unclaimed items at the end of the Jamboree will be donated.

Typical weather

Throughout past Jamborees there has usually been at least 1 day of rain – sometimes light and sometimes heavy.

The average temperature for July is highs of around 23 lows of around 11.

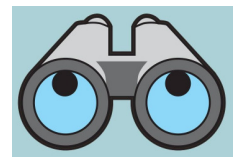
Mosquitos are not uncommon, and it will be tick season (so don't forget that head cover!).



What to bring / what to leave home

Bring	Leave home
Charger cable and block for electronics	Dishes (we do not have washing facilities for 900)
Sunscreen and bug spray	Drones
Hat (it will be tick season)	Fireworks
Rain Jacket	Non-prescription drugs or narcotics
Water bottle and insulated travel mug	Loud music (we are living communally)
Board or Card Games	Stoves and cooking equipment
Biodegradable soap & shampoo	Trailer or RV
Towel	Generators
Badges for trading	
Camp Chair	
Regular camping items (sleeping bag, pad, tent, pillow)	
Enough clothing for the number of days you are here (no washing machines on site)	
Spending money for incidentals, trading post, canteen, Zone West	





When You Aren't Working

Life at PJ isn't all work and no play. Here are some things going on that you can participate in:

Everest Basecamp

Everest Basecamp is the area at the top of the hill where OOS Subcamp HQ is. There will always be shelters and picnic tables, cards, board games, books and sporting goods (footballs, Frisbees, Spikeball, etc.) available for use. During the evenings, the Basecamp staff will be hosting different events. We plan on theme days and will message OOS about these before the Jamboree. In addition to the popular silk screen, we hope to run a tie-die day – bring your white shirt or bandana. Watch our OOS Facebook Group (<https://www.facebook.com/groups/JamboreeOOS>) and the message boards at Basecamp HQ and OOS Feeding Area for the schedule of events.

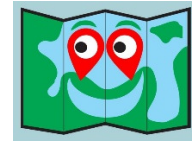
Movie Nights

Want to just chill out and watch a movie? A different movie will play each evening in the Basecamp courtyard starting at 9:00 pm. Popcorn and refreshments will be available. Watch the message boards at Basecamp HQ and OOS Feeding Area for movie listings and voting on which movies are screened.

Townsite

The Townsite is the hub of the Jamboree. Here you will find the PJ Trading Post, Zone West store (for purchase of PJ gear), a canteen, Pizza truck, Canadian Badgers club, Ham Radio, B.P. Guild and more.

The Townsite will be open, starting July 6th, from 9:00am until 9pm daily except the Canteen will be open by 8:00am for those needing more coffee or candy bars. The Trading Post will open for a sneak peek on Friday, July 5th for OOS only, after dinner, from 7:30 to 9:00. This is your chance to shop before the participants arrive.



Showers

Just because we are camping doesn't mean we can't have a few luxuries. Hot showers will be available in the washrooms by Keego kitchen and in the temporary shower stalls behind MacPherson Lodge (Basecamp). The amount of hot water will vary depending on how busy the showers are. Be kind to your OOS teammates. Please keep your showers short and the shower area clean.



Teeth Cleaning

We all brush our teeth before heading to bed. Please use the sinks adjacent to the showers. Let's keep our Subcamp "spit-free".

Laundry

Although there are no laundry facilities available on site, we will have a couple of camp style laundry systems available for use at Basecamp HQ. There is a laundry service in Sooke.

Going Off Site

There may be opportunities for you to go offsite during the Jamboree to explore Sooke or Victoria.

Before going offsite, check with your team leader and ensure you sign-out at the front gate so we know who has gone offsite.

At present there is no official OOS transportation system during the Jamboree – we are working with transportation on a fee-for-service bus to take OOS into town – we will update this manual as details solidify. It's a 1.4 km walk from the Camp Barnard sign to Otter Point road. From there you can catch the #63 Otter Point bus which will take you into Sooke. Be careful not to miss your return bus as it is a 6 km walk from Sooke back to Camp Barnard.



Badge Trading

One very popular activity at Jamborees is badge trading. This is for participants of all ages so bring along your Scouting badges from your group activities or Council.

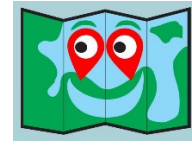
The following is a “swapping code” to be applied during trades by all OOS and participants:

- No trade is complete until both parties are satisfied that fair trade has taken place and have so signified by a Scout handshake.
- The Scout Promise and Law should be applied at all times during badge trading.
- Do not remove badges from your uniform to trade.
- No one may profit financially from a badge swap, that is, the sale of badges is at the Trading Post ONLY.
- Trade a badge for a badge. Ghost badges are not worth two regular badges.

The Badgers Club members will be present in the Badger Display area in Townsite. The Club will be offering activities and contests during the Jamboree. Members will be available to oversee any trade and assist anyone wanting help or information on badges. So, bring your Scouting badges, label your packages with your name and OOS # and take care to protect them.

Scouter Development

Scouter development at Jamborees (formerly known as Indaba) was first introduced in Canada at the 6th Canadian Jamboree in Guelph, Ontario. It was established as a series of workshops and activities for Patrol Scouters and OOS attending the Jamboree. Watch for the schedule of Scouter Development sessions on the message boards at OOS Feeding Area and the OOS Subcamp HQ.



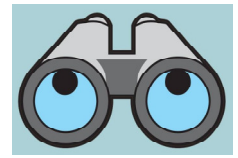
Swimming and Adventure Activities

We are anticipating OOS will have an opportunity to swim nightly. Due to a large number of OOS, and limited swimming area, there will be a sign up at Basecamp HQ (hopefully digitally enabled).

We also anticipate some of the participant adventures may be open for OOS (only OOS, not participants or participant Scouters) on a limited basis. More details on this will evolve as adventure teams are built.

Having some adventure program available in the evening will mean extra effort for the OOS who are running that activity. Badges and treats are a nice way to say thank-you!





Other Stuff

Garage Sale

It takes a lot of stuff to put on a Jamboree. Many of these things will be available for sale at the conclusion of the Jamboree (July 14). You will be able to find great deals on items ranging from duct tape to mountain bikes.

The Quartermaster team will post a list of items to be sold by mid-way through the Jamboree.

The Sun

As of July 7th, the start of the Jamboree:

Sunrise @ 5:23 a.m.

Sunset @ 9:17 p.m.

Online Community

Leading up to PJ you can join the Offers of Service – PJ2024 page.

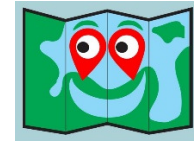
(<https://www.facebook.com/groups/JamboreeOOS>)

We will be adding announcements up to and throughout the Jamboree.



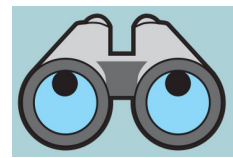
You can also follow the main Jamboree page. Just search for Pacific Jamboree.

Or, if you have any questions about life as a PJ Offer of Service, you can email the Subcamp Chief directly at dave.nicolson@scouts.ca or Subcamp Admin at mike.tennisco@scouts.ca.

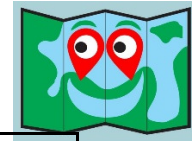


Appendix A – Draft OOS menu (subject to change)

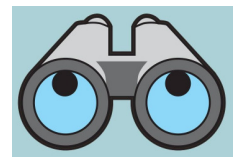
		OOS KEEGO	DIETARY
JUNE			
Saturday	29	Ravioli, Garlic Bread, Caesar	GF/DF PASTA
Dinner		Strawberry Short Cake	GF/DF DESSERT
		Salad Bar, Coffee, Tea, Juice	
JUNE			
Sunday	30	Pancakes, Sausage, Toast	GF/DF SAUSAGE
Breakfast		Cereals, Fruit, Juice, Baked Goods, Coffee, Tea	GF/DF CEREAL BAKED GDS
Lunch		Deli Bar, Potato Soup Vegan	GF/ DF BREAD
		Salad Bar, Cookies, Fruit, Coffee, Tea, Juice	AND CHEESE
Dinner		Steak, Baked Potato, Candied Carrots, Lemon Squares	VEG STIR-FRY
		Salad Bar, Coffee, Tea, Juice	GF/DF DESSERT
JULY			
Monday	1	Scrambled Egg and Sausage	SCRAMBLE TOFU
Breakfast		Cereals, Fruit, Juice, Baked Goods, Coffee, Tea	GF/DF CEREAL BAKED GDS
Lunch		Deli Bar, Chicken Soup	GF/ DF BREAD
		Salad Bar, Cookies, Fruit, Coffee, Tea, Juice	AND CHEESE
Dinner		Chicken Pies, Corn on the Cob, Cookies	GF/DF CHILI
		Salad Bar, Coffee, Tea, Juice	GF/DF DESSERT
JULY			
Tuesday	2	French Toast and Bacon	VEGAN BURRITO
Breakfast		Cereals, Fruit, Juice, Baked Goods, Coffee, Tea	GF/DF CEREAL BAKED GDS
Lunch		Deli Bar, Minestrone Soup	GF/ DF BREAD
		Salad Bar, Cookies, Fruit, Coffee, Tea, Juice	AND CHEESE
Dinner		Breaded Chicken, Rice, Smashed Sweet Potato, Squares	VEGAN PAD THAI
		Salad Bar, Coffee, Tea, Juice	GF/DF DESSERT
JULY			
Wednesday	3	Ham and Cheese Omelette	GF/DF SAUSAGE
Breakfast		Cereals, Fruit, Juice, Baked Goods, Coffee, Tea	GF/DF CEREAL BAKED GDS
Lunch		Deli Bar, Tomato Soup	GF/ DF BREAD
		Salad Bar, Cookies, Fruit, Coffee, Tea, Juice	AND CHEESE
Dinner		Lasagna, Bread Basket, Pies	GF/DF LASAGNA
		Salad Bar, Coffee, Tea, Juice	GF/DF DESSERT
JULY			
Thursday	4	Waffles, Bacon	GF/DF WAFFLES, VEG BACON
Breakfast		Cereals, Fruit, Juice, Baked Goods, Coffee, Tea	GF/DF CEREAL BAKED GDS



		OOS KEEGO	DIETARY
		Pre-Break Muffins and Breakfast	GF/DF MUFFINS
Lunch		Deli Bar, Mushroom Soup	GF/ DF BREAD
		Salad Bar, Cookies, Fruit, Coffee, Tea, Juice	AND CHEESE
Dinner		Hamburgers, Fries, Fresh Fruit	GF/DF BUNS, VEG BURGER
		Salad Bar, Coffee, Tea, Juice	GF/DF DESSERT
	JULY		
Friday	5	Quiche, Ham, Toast	VEGAN TOFU
Breakfast		Cereals, Fruit, Juice, Baked Goods, Coffee, Tea	GF/DF CEREAL BAKED GDS
		Pre-Break Muffins and Breakfast	GF/DF MUFFINS
Lunch		Deli Bar, Beef and Vegetable Soup	GF/ DF BREAD
		Salad Bar, Cookies, Fruit, Coffee, Tea, Juice	AND CHEESE
Dinner		Beef Stew, Buttered Potatoes, Carrot Cake	VEGAN STEW
		Salad Bar, Coffee, Tea, Juice	GF/DF DESSERT
	JULY		
Saturday	6	Pancakes, Sausage, Toast	GF/DF PANCAKES, GF/DF SAUSAGE
Breakfast		Cereals, Fruit, Juice, Baked Goods, Coffee, Tea	GF/DF CEREAL BAKED GDS
		Pre-Break Muffins and Breakfast	GF/DF MUFFINS
Lunch		Deli Bar, Vegetable Soup	GF/ DF BREAD
		Salad Bar, Cookies, Fruit, Coffee, Tea, Juice	AND CHEESE
Dinner		Pizza and Wings, Apple Crumble	VEGAN PIZZA, CAULIFLOWER WINGS
		Salad Bar, Coffee, Tea, Juice	GF/DF DESSERT
	JULY		
Sunday	7	Scrambled Eggs and Sausage	GF/DF TOAST, VEG BACON
Breakfast		Cereals, Fruit, Juice, Baked Goods, Coffee, Tea	GF/DF CEREAL BAKED GDS
		Pre-Break Muffins and Breakfast	GF/DF MUFFINS
Lunch		Deli Bar, Potato Soup	GF/ DF BREAD
		Salad Bar, Cookies, Fruit, Coffee, Tea, Juice	AND CHEESE
Dinner		Roast Beef, Mashed, Green Beans, Squares	VEGAN MEAT LOAF
		Salad Bar, Coffee, Tea, Juice	GF/DF DESSERT
	JULY		
Monday	8	French Toast and Bacon	VEGAN CHEESE TOFU
Breakfast		Cereals, Fruit, Juice, Baked Goods, Coffee, Tea	GF/DF CEREAL BAKED GDS
		Pre-Break Muffins and Breakfast	GF/DF MUFFINS
Lunch	8	Deli Bar, Minestrone Soup	GF/ DF BREAD
		Salad Bar, Cookies, Fruit, Coffee, Tea, Juice	AND CHEESE
Dinner		Meat Balls and Penne, Ice-cream	VEGAN SAUSAGE, SORBET
		Salad Bar, Coffee, Tea, Juice	GF/DF DESSERT



		OOS KEEGO	DIETARY
	JULY		
Tuesday	9	Scrambled Eggs, Beef Sausage, Toast	VEGAN SAUSAGE
Breakfast		Cereals, Fruit, Juice, Baked Goods, Coffee, Tea	GF/DF CEREAL BAKED GDS
		Pre-Break Muffins and Breakfast	GF/DF MUFFINS
Lunch		Deli Bar, Tomato Soup	GF/ DF BREAD
		Salad Bar, Cookies, Fruit, Coffee, Tea, Juice	AND CHEESE
Dinner		Lemon Chicken, Brown Rice, Mixed Vegetables, Brownies	FRIED RICE
		Salad Bar, Coffee, Tea, Juice	GF/DF DESSERT
	JULY		
Wednesday	10	Waffles, Bacon	GF/DF WAFFLES, VEG BACON
Breakfast		Cereals, Fruit, Juice, Baked Goods, Coffee, Tea	GF/DF CEREAL BAKED GDS
		Pre-Break Muffins and Breakfast	GF/DF MUFFINS
Lunch		Deli Bar, Chicken Soup	GF/ DF BREAD
		Salad Bar, Cookies, Fruit, Coffee, Tea, Juice	AND CHEESE
Dinner		Butter Chicken, Fried Rice, Fresh Fruit	CURRIED VEGAN VEG
		Salad Bar, Coffee, Tea, Juice	GF/DF DESSERT
	JULY		
Thursday	11	Quiche Ham	GF/DF SAUSAGE
Breakfast		Cereals, Fruit, Juice, Baked Goods, Coffee, Tea	GF/DF CEREAL BAKED GDS
		Pre-Break Muffins and Breakfast	GF/DF MUFFINS
Lunch		Box Lunches	GF/ DF BREAD
			AND CHEESE
Dinner		Fish and Chips, Pies	VEGAN CRAB CAKES
		Salad Bar, Coffee, Tea, Juice	GF/DF DESSERT
	JULY		
Friday	12	Pancakes and Sausage	GF/DF WAFFLES, VEG BACON
Breakfast		Cereals, Fruit, Juice, Baked Goods, Coffee, Tea	GF/DF CEREAL BAKED GDS
Lunch		Deli Bar, Beet Soup	GF/ DF BREAD
		Salad Bar, Cookies, Fruit, Coffee, Tea, Juice	AND CHEESE
Dinner		Chili, Wedgie Potatoes, Carrot Cake	VEGAN CHILI
		Salad Bar, Coffee, Tea, Juice	GF/DF DESSERT



	JULY		
Saturday	13	Scramble Eggs and Sausage	SCRAMBLE TOFU
Breakfast		Cereals, Fruit, Juice, Baked Goods, Coffee, Tea	GF/DF CEREAL BAKED GDS
Lunch		Deli Bar, Chicken Soup	GF/ DF BREAD
		Salad Bar, Cookies, Fruit, Coffee, Tea, Juice	AND CHEESE
Dinner		Chicken Pies, Corn on the Cob, Cookies	GF/DF CHILI
		Salad Bar, Coffee, Tea, Juice	GF/DF DESSERT
	JULY		
Sunday	14	French Toast and Bacon	VEGAN BURRITO
Breakfast		Cereals, Fruit, Juice, Baked Goods, Coffee, Tea	GF/DF CEREAL BAKED GDS
Lunch		Deli Bar, Minestrone Soup	GF/ DF BREAD
		Salad Bar, Cookies, Fruit, Coffee, Tea, Juice	AND CHEESE
Dinner		Breaded Chicken, Rice, Smashed Sweet Potato, Squares	VEGAN PAD THAI
		Salad Bar, Coffee, Tea, Juice	GF/DF DESSERT
	JULY		
Monday	15	Ham and cheese Omelette	GF/DF SAUSAGE
Breakfast		Cereals, Fruit, Juice, Baked Goods, Coffee, Tea	GF/DF CEREAL BAKED GDS
Lunch		Deli Bar, Tomato Soup	GF/ DF BREAD
		Salad Bar, Cookies, Fruit, Coffee, Tea, Juice	AND CHEESE
Dinner		Surprise	GF/DF LASAGNA
		Salad Bar, Coffee, Tea, Juice	GF/DF DESSERT
	JULY		
Tuesday	16	Waffles, Bacon	GF/DF WAFFLES, VEG BACON
Breakfast		Cereals, Fruit, Juice, Baked Goods, Coffee, Tea	GF/DF CEREAL BAKED GDS
Lunch		Deli Bar, Beet Soup	GF/ DF BREAD
		Salad Bar, Cookies, Fruit, Coffee, Tea, Juice	AND CHEESE