

2023 Canadian Youth Championships Menu

Thursday, August 27: Taco Bar

Soft flour tortillas

Your choice of fillings:

Choice of 2 styles of taco meat

Diced tomatoes

Diced cucumber

Diced sweet peppers

Shredded lettuce

Grated cheese

Refried beans

Salsa

Corn Chips

Dessert: An assortment including squares and cookies

Friday, August 28: Souvlaki Bar

Pita Bread

Chicken Souvlaki

Your choice of additional fillings:

Tomato

Cucumber

Lettuce

Onion

Cheese

Tzatziki sauce

Greek salad

Dessert: An assortment including squares and cookies

Saturday, August 29: Rice Bowl Bar

Bowl of rice

Protein serving

Your choice of toppings:

Shredded Carrot

Green Onions

Diced Tomato

Thinly sliced Radishes

Cucumber

Black beans

Sweet peppers

Sauces such as soya sauce, teriyaki sauce, etc.

Dessert: Assortment including squares and cookies

Sunday, August 30: Make-Your-Own Bunwich Bar

Buns

Your choice of fillings:

Variety of quality cold cuts

Egg Salad

Tomatoes

Cucumbers

Cheese

Condiments: Butter, Mayo, Mustard, etc.

Salad

Dessert: Assortment including squares and cookies

All day complimentary ice tea, lemonade, water, coffee, tea and hot chocolate. Snacks will be available in the afternoon. There is also a Snack Cart that carries a variety of chips, trail mix, granola bars, cookies and pepperoni sticks for \$1.00. There is a Pop Fridge that carries variety of flavours of applesauce pouches, a variety of pop, Bubbly and water for \$1 and a variety of Gatorade for \$1.50.