

SPRING BREAK CAMPS

Q BEHIND THE SCENES AT THE GALLERY

Vancouver
Artgallery

MARCH 14-18 2022
9AM - 3PM

MONDAY MARCH 14

MORNING SNACK

SMOOTHIE BOWL
GRANOLA
JUICE BOX

LUNCH

TUNA POKE BOWL
(Rice, Pineapple Salsa,
Edamame, Kimchi Aioli, Sweet
Soy)
SIDE SALAD

AFTERNOON SNACK

FLATBREAD ROLLUPS
(Hummus, Avocado,
Cucumber)
FRUIT

TUESDAY MARCH 15

MORNING SNACK

FRUIT AND
OVERNIGHT OATS
JUICE BOX

LUNCH

SOUP OF THE DAY
HOUSE BAKED
FOCACCIA
SANDWICHES
(Chicken, Bacon, Avocado,
Lettuce, Tomato)

AFTERNOON SNACK

NO BAKE GRANOLA
BITES
FRUIT

WEDNESDAY MARCH 16

MORNING SNACK

SMOOTHIE BOWL
GRANOLA
JUICE BOX

LUNCH

VERMICELLI BOWL
(Lemongrass Chicken Breast,
Pickled Cabbage, Roasted
Cauliflower, Asparagus)
SIDE SALAD

AFTERNOON SNACK

FLATBREAD ROLLUPS
(Hummus, Avocado,
Cucumber)
FRUIT

THURSDAY MARCH 17

MORNING SNACK

FRUIT AND
OVERNIGHT OATS
JUICE BOX

LUNCH

SOUP OF THE DAY
HOUSE BAKED
FOCACCIA
SANDWICHES
(Chicken, Bacon, Avocado,
Lettuce, Tomato)

AFTERNOON SNACK

NO BAKE GRANOLA
BITES
FRUIT

FRIDAY MARCH 18

MORNING SNACK

SMOOTHIE BOWL
GRANOLA
JUICE BOX

LUNCH

SALMON BOWL
(Rice, Sweet Corn, Asparagus,
Cabbage, Sweet Soy)
SIDE SALAD

AFTERNOON SNACK

FLATBREAD ROLLUPS
(Hummus, Avocado,
Cucumber)
FRUIT

THE **SPRING BREAK CAMPS**
FOOD MENU HAS BEEN CREATED IN
PARTNERSHIP WITH

19
31
GALLERY
BISTRO