

DEAR PARENTS AND STUDENTS OF BAYVIEW SCHOOL OF BALLET

My name is Chantal and I am writing to introduce myself and my culinary experiences to you all. I take great pride in my 25 years of experience in the culinary field, and specialize in using organic and healthy produce for adolescents, teens, adults, and seniors.

I am excited to present my menu for the Bayview School of Ballet's summer camp in 2023. I believe that fueling our bodies with nutritious food is essential for maintaining the energy and focus needed for a successful dance camp experience.

In the menu, you'll find a variety of options that are both delicious and nutritious.

I am looking forward to catering for the Bayview School of Ballet summer camp, and I know that the food I prepare will provide the necessary sustenance for the campers to fully enjoy and achieve their best in dance. I will provide detailed information kit on the menu, ingredients, and allergen information. Please let me know if you have any questions or concerns



Sincerely,
Chantal

BBQ & CO.
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BBQ & Co. Summer Camp MENU

MEATBALLS W SPAGHETTI
IN A ROSE SAUCE

GRILLED CHEESE
SERVED W CAESAR SALAD

QUESADILLAS
SERVED W VEGGIE STICKS

CHEESY MEAT RICE BALLS
TOPPED W SAUCE

TACO'S W GARDEN SALAD



IN THE MENU, YOU'LL FIND A VARIETY OF OPTIONS THAT ARE BOTH DELICIOUS AND NUTRITIOUS. HERE ARE A FEW EXAMPLES OF ITEMS THAT WILL BE FEATURED:

- FRESH FRUIT AND VEGETABLE SMOOTHIES TO START THE DAY OFF RIGHT
- WHOLE GRAIN PASTA DISHES WITH A VARIETY OF HOMEMADE SAUCES
- LEAN PROTEIN OPTIONS SUCH AS GRILLED CHICKEN AND FISH
- VEGETARIAN AND VEGAN OPTIONS, SUCH AS LENTIL AND QUINOA SALADS

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