

UBC Geering Up Summer Camp 2026 - South Surrey

Week 1 - 5	Monday	Tuesday	Wednesday	Thursday	Friday
Option A: Regular Choice	All Beef Hot Dogs with Bun Sides: Fries, Raw Vegetables with Ranch Dressing, Whole Fruit	Mac & Cheese Sides: Breadsticks, Carrot & Celery with Ranch Dressing, Whole Fruit	Pepperoni Pizza Sides: Caesar Salad, Whole Fruit	Chicken Soft Tacos Sides: Tater Tots, Carrot & Celery with Ranch Dressing, Salsa, Sour Cream, Whole Fruit	Spaghetti & Meatballs Sides: Steamed Vegetables, Breadsticks, Ice Cream
Option B: Vegetarian Choice	Vegetarian Hot Dogs with Bun Sides: Fries, Raw Vegetables with Ranch Dressing, Whole Fruit	N/A	Three-Cheese Pizza Sides: Caesar Salad, Whole Fruit	Cheese Quesadillas Sides: Tater Tots, Carrot & Celery with Ranch Dressing, Salsa, Sour Cream, Whole Fruit	Spaghetti with Marinara Sides: Steamed Vegetables, Breadsticks, Ice Cream
Option C: Allergy Friendly Choice	Grilled Chicken Breast Sides: Carrot Sticks, Roasted Potatoes, Whole Fruit	Fajita Beef Filling Sides: White Rice, Pico de Gallo, Whole Fruit	BBQ Chicken Drumsticks Sides: Roasted Potatoes & Corn, Whole Fruit	Shredded Chicken Soft Corn Tacos Sides: Potato Wedges, Cucumbers, Whole Fruit	Grilled Chicken Breast, Pasta with Marinara (GF) Sides: Top-Allergen Free Garlic Bread, Steam Vegetables, Whole Fruit
Note: 1. Allergy-Friendly items are free from any of the 12 most common food allergens. 2. Individual customization of menu options cannot be accommodated					

Week 6 - 7	Monday	Tuesday	Wednesday	Thursday	Friday
Option A: Regular Choice	All Beef Hot Dogs with Bun Sides: Fries, Raw Vegetables with Ranch Dressing, Whole Fruit	Mac & Cheese Sides: Breadsticks, Carrot & Celery with Ranch Dressing, Whole Fruit	Hamburgers with Lettuce & Tomato Sides: Caesar Salad, Whole Fruit	Chicken Soft Tacos Sides: Tater Tots, Carrot & Celery with Ranch Dressing, Salsa, Sour Cream, Whole Fruit	Spaghetti & Meatballs Sides: Steamed Vegetables, Breadsticks, Ice Cream
Option B: Vegetarian Choice	Vegetarian Hot Dogs with Bun Sides: Fries, Raw Vegetables with Ranch Dressing, Whole Fruit	N/A	Veggie Burgers Sides: Caesar Salad, Whole Fruit	Cheese Quesadillas Sides: Tater Tots, Carrot & Celery with Ranch Dressing, Salsa, Sour Cream, Whole Fruit	Spaghetti with Marinara Sides: Steamed Vegetables, Breadsticks, Ice Cream
Option C: Allergy Friendly Choice	Grilled Chicken Breast Sides: Carrot Sticks, Roasted Potatoes, Whole Fruit	Fajita Beef Filling Sides: White Rice, Pico de Gallo, Whole Fruit	BBQ Chicken Drumsticks Sides: Roasted Potatoes & Corn, Whole Fruit	Shredded Chicken Soft Corn Tacos Sides: Potato Wedges, Cucumbers, Whole Fruit	Grilled Chicken Breast, Pasta with Marinara (GF) Sides: Top-Allergen Free Garlic Bread, Steam Vegetables, Whole Fruit
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