

Food at Camp

The Camp Fircom kitchen team are proud to serve tasty and health food to all our summer campers!

Campers of all ages can expect three meals a day (typically 8:30am, 12:30pm, 5:30pm). During our kids camp we will also serve a mid-afternoon snack to boost energy levels.

During each meal service campers will file through the hot food line, served by Fircom staff, then help themselves at a self-serve salad or breakfast bar.

Dietary Restrictions

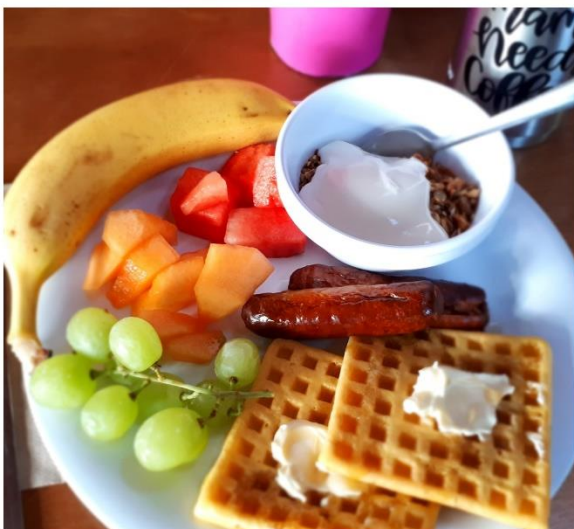
The kitchen team at Camp Fircom is accustomed to dealing with a variety of dietary restrictions and allergies. Please be sure to put complete information about any of your dietary restrictions on your medical form when you register.

For campers who have multiple complex dietary restrictions (i.e. gluten free and vegan) our chef may also call to discuss bringing some supplemental snacks from home. Each of these individuals will be dealt with on a case-by-case basis. If you haven't heard from our staff, then we are ready and excited to serve you throughout your stay!

Food from Home

Campers in our kids and youth camps are asked not to bring any food from home. Due to our natural surroundings any food left in luggage or accommodations can attract pests. Additionally, we have many campers who come to camp with severe food allergies.

Campers in our Family Programs (Family Camp, Dad & Kids, Mom & Kids) are welcome to bring nut-free snacks from home so long as they are kept in a locking, sealed Tupperware container. Camp Fircom reserves the right to confiscate and dispose of any food items containing nuts. During family programs there will be shared locking Rubbermaid bins and/or cupboards in accommodations to store snacks safely away from any pests.



Meals at Camp:

Below is a small sample of the types of meals served up at camp. We pride ourselves on providing kid-friendly, healthy options for everyone!

Breakfast

- Scrambled eggs & hashbrowns
- Pancakes & sausages
- French Toast & sausages

Each morning campers will also be offered home-made granola, milks, cereal, and fresh fruit at the self-serve table. Coffee and tea will be available for adult campers and staff only.

Lunch

- Quesadillas with salsa & sour cream
- Grilled cheese & tomato soup
- Macaroni and cheese
- Hot dogs

Every lunch there is a make-your-own salad bar available with greens, various veggie toppings (from the Fircom Farm when possible), and a variety of homemade dressings.

Snack (kids camp only)

- Banana bread
- Zucchini loaf
- Cookies

A perfect mid-afternoon break: a little snack to keep campers going throughout their afternoon activities.

Dinner

- Chicken fingers & potato salad
- Spaghetti with tomato sauce
- Roasted chicken, potatoes & veggies
- Build your own burger

There is a make-your-own salad bar at dinner with greens, various veggie toppings, and a variety of homemade dressings – including the camp favourite, Glory Bowl.

If you have any questions or concerns, please don't hesitate to contact us!

Email us at info@fircom.ca