



Located in the heart of Regent Village, Okeanos Juice and Smoothie Bar provides its customers with fresh, healthy and tasty food options. We are excited to be preparing lunches this year for Provo Primary Summer Camp. Meals will be prepared on the school site, allowing children the opportunity to play a part in some of the preparation and serving of lunch. Apart from our hot lunch menu, we will also offer a daily Salad/Sandwich Bar served with a Fresh Juice or Pink Flamingo Smoothie.

Hot Lunch or Salad/Sandwich Bar \$5 *Please advise of any food allergies*

Okeanos Juice & Smoothie Bar Summer Camp Menu

Monday:

Okeanos BBQ Chicken with White Rice and Coleslaw.

Taco Tuesday:

Soft Shell Tacos with Meat or Veggie Filling.

*Available Toppings: Grated Cheese, Sour Cream, Lettuce and Salsa
Ground Beef, Black Beans, Onions, Green Pepper*

Wednesday:

Baked Macaroni Cheese with Salad/Veggies

Thursday:

Spaghetti served with Okeanos Marinara Sauce
(blended tomatoes, veggies and fresh herbs).

Friday:

Chicken, Peas and Rice

Available Mon - Fri: Salad/Sandwich Bar and Pink Flamingo or Juice \$5

Options include Tuna Salad, Boiled Egg, Spinach, Lettuce, Cabbage, Cucumber, Carrots. Grated Cheese, Black Beans, Sweet Corn, Bread

Pink Flamingo:

(Yoghurt or Almond Milk, Orange Juice, Strawberry, Banana and Honey)

Provo Primary Fresh Juice Blend: Apple, Carrot, Orange

Order online under Provo Primary on the Isle Help App or in the School Office

Unit J102, Ventura drive, The Regent Village, Grace Bay, T.C.I.

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