

## Camp Menu 2023

### Week 1 – June 26<sup>th</sup> to June 30<sup>th</sup>

#### Salad Bar - Daily

Salad bar with Greens/side salad/carrot/celery stick/hummus/pickled Vegetables (banana Pepper /Jalapeno/Pickles) Regular condiments/dressing and dessert

#### Monday

Spaghetti in butter, Meatballs, Spaghetti with Soy Crumble, Sweet Peppers in Tomato Sauce, Garlic Bread, Caesar Salad, Frozen Yogurt Tubes

#### Tuesday

Cucumber & Tomato Salad, Caesar Salad, Cheese Pizza, Diced Home Fries, Mixed Vegetables, Rice Krispy Square

#### Wednesday

Beef Lasagna, Creamy Vegetarian Lasagna, Spinach Salad, Cucumber & Tomato Salad, Apple Slices

#### Thursday

Breaded Chicken Burger on Bun, Garden Vegetarian Burger, Baby Carrots, Potato Wedge Fries, Mixed Iceberg Salad, Vinaigrette Coleslaw Salad, Jell-O

#### Friday

Breakfast Sausage & Egg Sandwich, Breakfast Egg and Cheese Sandwich  
Diced Home Fries and Fresh Fruit Salad

## Week 2 -July 3rd to July 7th

### Salad Bar - Daily

Salad bar with Greens/side salad/carrot/celery stick/hummus/pickled Vegetables (banana Pepper /Jalapeno/Pickles) Regular condiments/dressing and dessert

### Tuesday

Tomato & Cheddar Meatball Sub & Roasted Peppers, Zucchini, Onion and Soy Beef Sub on Bun, Mixed Greens Salad, Pasta Salad, Mixed Vegetables, Jell-O

### Wednesday

Beef Tacos, Sweet Peppers, Onions and Soy Chicken Tacos, Tomato Mexican Brown Rice, Spinach Salad, Mixed Vegetables, Rice Krispy Squares

### Thursday

Cheese Pizza, Steamed Vegetables, Diced Home Fries, Cucumber & Tomato Salad, Caesar Salad, Apple Slices

### Friday

Beef Burger on Bun, Garden Vegetarian Burger on Bun Mixed Greens, Vinaigrette Coleslaw salad, Pasta Salad, Terra Cotta Cookies & Watermelon

## Week 3 – July 10th to July 14th

### Salad Bar - Daily

Salad bar with Greens/side salad/carrot/celery stick/hummus/pickled Vegetables (banana Pepper /Jalapeno/Pickles) Regular condiments/dressing and dessert

### Monday

Chicken Tenders (Plum Sauce), Meatless Tenders, Mixed Iceberg salad, Mixed Vegetable, Cucumber & Tomato Salad, Rice Krispy Squares

### Tuesday

Beef Lasagna, Creamy Vegetarian Lasagna, Caesar Salad, Jell-O

### Wednesday

BBQ Pulled Pork on Bun, Cheesy Mac and Cheese Baby Carrots, Vinaigrette Coleslaw salad, Mixed Vegetables, Yogurt Tubes

### Thursday

Chicken Fajitas, Soy Chicken, Tofu and Sweet Pepper Fajitas with Mixed Greens Salad, Potato Salad, Apple Slices

### Friday

Breaded Chicken Burger, Garden Vegetarian Burger on Bun, Mixed Greens, Vinaigrette Coleslaw salad, Pasta Salad, Terra Cookies & Watermelon

## Week 4 – July 17th to July 21st

### Salad Bar - Daily

Salad bar with Greens/side salad/carrot/celery stick/hummus/pickled Vegetables (banana Pepper /Jalapeno/Pickles) Regular condiments/dressing and dessert

### Monday

Whole Wheat Beef Penne Pasta & Pasta Primavera with Julienne Zucchini & Soy Crumble, Steamed Vegetables, Mixed Greens Salad, Rice Krispy Squares

### Tuesday

Chicken Tenders (Plum Sauce), Meatless Tenders, with Mixed Greens Salad, Pasta Salad, Frozen Yogurt Tubes

### Wednesday

Beef Tacos, Sweet Peppers, Onions and Soy Chicken Tacos, Tomato Mexican Brown Rice, Caesar Salad, Mixed Vegetables, Nacho Chips Apple Slice

### Thursday

Meatball Sub/ Roasted Peppers, Zucchini, Onion and Soy Beef Sub, Arugula Salad, French Fries Vinaigrette Coleslaw salad, Jell-O

### Friday

Breakfast Sausage & Egg Sandwich, Breakfast Egg and Cheese Sandwich Diced Home Fries and Fresh Fruit Salad

## Week 5 – July 24th to July 28th

### Salad Bar - Daily

Salad bar with Greens/side salad/carrot/celery stick/hummus/pickled Vegetables (banana Pepper /Jalapeno/Pickles) Regular condiments/dressing and dessert

### Monday

Spaghetti with Meatballs, Spaghetti with Soy Crumble, Sweet Peppers & Tomato Sauce, Caesar Salad, Garlic whole wheat Bread, Frozen Yogurt Tubes

### Tuesday

Chicken Pot Pie, Baby Carrots, Mac & Cheese, Mixed Iceberg salad, Vinaigrette Coleslaw salad, Potato Wedge Fries, Jell-O

### Wednesday

Beef Lasagna, Creamy Vegetarian Lasagna, Spinach Salad, Cucumber & Tomato Salad, Frozen Yogurt Tubes

### Thursday

Cheese Pizza, Steamed Vegetables, Diced Home Fries, Cucumber & Tomato Salad, Caesar Salad, Apple Slices

### Friday

Beef Burger, Garden Vegetarian Burger on Bun, Mixed Greens, Vinaigrette Coleslaw salad, Pasta Salad, Terra Cookies & Watermelon

## Week 6 – July 31st to August 4th

### Salad Bar - Daily

Salad bar with Greens/side salad/carrot/celery stick/hummus/pickled Vegetables (banana Pepper /Jalapeno/Pickles) Regular condiments/dressing and dessert

### Monday

Chicken Tenders (Plum Sauce), Meatless Tenders Mixed Greens Salad, Potato Salad, Rice Krispy

### Tuesday

Cheese Tortellini in butter, Tomato Sauce, Arugula Salad, Mixed Vegetable, Caesar Salad, Garlic Bread, Frozen Yogurt Tubes

### Wednesday

Meatball Sub/ Roasted Peppers, Zucchini, Onion, and Soy Chicken Sub, on Bun, Mixed Greens Salad, Pasta Salad, Mixed Vegetables, Jell-O

### Thursday

Beef Tacos, Sweet Peppers, Onions and Soy Beef Tacos, Tomato Mexican Brown Rice, Spinach Salad, steamed Vegetables, Apple Slices

### Friday

Tzatziki Chicken with Falafel, Rice and Pita Spinach Salad, Cucumber & Tomato Salad, Frozen Yogurt Tubes

## Week 7 – August 7th to August 11th

### Salad Bar - Daily

Salad bar with Greens/side salad/carrot/celery stick/hummus/pickled Vegetables (banana Pepper /Jalapeno/Pickles) Regular condiments/dressing and dessert

### Tuesday

Beef Lasagna, Creamy Vegetable Lasagna, Caesar salad, Jell-O

### Wednesday

BBQ Pulled Pork on Bun Cheesy Mac and Cheese, Baby Carrots, Vinaigrette Coleslaw salad, Mixed Vegetables, Yogurt Tubes

### Thursday

Chicken Fajitas, Soy Chicken, Tofu and Sweet Pepper Fajita with Mixed Greens Salad, Potato Salad, Rice Krispy Square

### Friday

Breakfast Sausage & Egg Sandwich, Breakfast Egg and Cheese Sandwich  
Diced Home Fries and Fresh Fruit Salad

## Week 8 – August 14th to August 18th

### Salad Bar - Daily

Salad bar with Greens/side salad/carrot/celery stick/hummus/pickled Vegetables (banana Pepper /Jalapeno/Pickles) Regular condiments/dressing and dessert

### Monday

Cheese Pizza, steamed Vegetables, Diced Home Fries, Cucumber & Tomato Salad, Caesar Salad, Apple Slices

### Tuesday

Chicken Tenders (Plum Sauce), Meatless Tenders, with Mixed Greens Salad, Pasta Salad, Rice Krispy

### Wednesday

Beef Tacos, Sweet Peppers, Onions and Soy Chicken Tacos, Mexican Brown Rice, Caesar Salad, Mixed Vegetables, Jell-O

### Thursday

Meatball Sub, Roasted Peppers, Zucchini, Onion and Soy Beef Sub, Arugula Salad, French Fries Vinaigrette Coleslaw salad, Apple Slices

### Friday

Breaded Chicken Burger, Vegetable Burger on Buns, Spinach Salad, Potato Salad, Terra Cookies & Watermelon

## Week 9 – August 21st to August 25th

### Salad Bar - Daily

Salad bar with Greens/side salad/carrot/celery stick/hummus/pickled Vegetables (banana Pepper /Jalapeno/Pickles) Regular condiments/dressing and dessert

### Monday

Butter Chicken with Buttered Cauliflower, Naan Bread Bites and Rice, Cucumber & Tomato Salad, Frozen Yogurt Tubes

### Tuesday

Chicken Burger on Bun, Baby Carrots, Perogy, Mixed Iceberg salad, Vinaigrette Coleslaw salad, Potato Wedge Fries, Jell-O

### Wednesday

Beef Lasagna, Creamy Vegetable Lasagna, Spinach Salad, Cucumber & Tomato Salad, Apple Slices

### Thursday

Spaghetti with Meatballs, Spaghetti with Soy Crumble, Sweet Peppers & Tomato Sauce, Caesar Salad, Garlic Bread, Rice Krispy Squares

### Friday

Beef Burger, Garden Vegetarian Burger on Bun, Mixed Greens, Vinaigrette Coleslaw salad, Pasta Salad, Terra Cookies & Watermelon

## Week 10 – August 28th to September 1st

### Salad Bar - Daily

Salad bar with Greens/side salad/carrot/celery stick/hummus/pickled Vegetables (banana Pepper /Jalapeno/Pickles) Regular condiments/dressing and dessert

### Monday

Beef Tacos, Sweet Peppers, Onions and Soy Chicken Tacos, Tomato Mexican Brown Rice, Spinach Salad, steamed Vegetables, Rice Krispy Squares

### Tuesday

Cheese Tortellini in Butter, Tomato Sauce, Arugula Salad, Mixed Vegetable, Caesar Salad, Garlic Bread, Frozen Yogurt Tubes

### Wednesday

Chicken Tender (Plum Sauce), Meatless Tender Mixed Greens Salad, Potato Salad, Apple Slices

### Thursday

Meatball Sub, Roasted Peppers, Zucchini, Onion and Soy Beef Sub, Mixed Greens Salad, Pasta Salad, Mixed Vegetables, Jell- O

### Friday

Breakfast Sausage & Egg Sandwich, Breakfast Egg and Cheese Sandwich  
Diced Home Fries and Fresh Fruit Salad