



Sample Camp Menu



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Fried Egg English Muffins	Cinnamon Rolls Home Fries	Scrambled Eggs Hash browns	Pancakes (Chocolate chip or plain)	French Toast Melon Wedges	Breakfast Burritos	Mini Bagels Donuts Melon
*Always Available For Breakfast: Breakfast Bar, Oatmeal, Cereal, Fresh Fruit, Yogurt, Orange/Apple Juice, Milk/Chocolate Milk, Tea (Coffee-for staff)							
Lunch	Chicken Nuggets French Fries Vegetarian: Veggie Nuggets	Grilled Cheese Soup: Tomato	Tacos Vegetarian: Soy Tacos	Pizza Caesar Salad Soup:	Cold Cuts Pasta Salad Vegetarian: Veggie Sandwich	Sloppy Joes Potato Chips	Chef's Choice
*Always Available For Lunch: Salad Bar, "Wow Butter" and Jelly, Tuna Salad, Egg Salads and Beverages							
Dinner	Spaghetti and Meatballs Garlic Bread Zucchini and Squash Vegetarian: Veggie Meatballs Dessert: Cake	Turkey Mashed Potatoes Cranberry Sauce Broccoli Vegetarian: Veggie Casserole Dessert: Apple Crisp	Chicken Stir Fry White Rice Asian Blend Veggies Vegetarian: Tofu Stir Fry Dessert: Fortune Cookies	Cookout of Girls' Field: Hamburgers, Hotdogs, Veggie Burgers, Chips, Watermelon, Potato Salad, Coleslaw Dessert: Watermelon	Pasta Festival Alfredo Sauce Veggie Blend Marinara Sauce Dessert: Fruit Cup	Shabbat: Roasted Chicken, Potato, Green Beans, Challah Soup: Matzah Ball Dessert: Brownies	Baked Ziti Plain Pasta Garlic Bread and Butter Steamed Veggies Dessert: Ice Cream Cups
*Always Available For Dinner: Salad Bar, "Wow Butter" and Jelly, Tuna Salad, Egg Salads and Beverages							