

## SUMMER 2 WEEK URJ CYCLE WEEK

	MONDAY 6/25	TUES 6/26	WEDNESDAY 6/27	THURSDAY 6/28	FRIDAY 6/29	SATURDAY 6/30	SUNDAY 7/1
<b>BREAKFAST</b>	Chefs choice	Chefs choice	Pancakes, eggs, bagels, turkey sausage, potatoes, syrup	Waffles, syrup, eggs, bagels, potatoes	Mexican breakfast	Bagel and lox breakfast 9 am	French toast
<b>LUNCH</b> <b>MAIN ENTRÉE/</b> <b>VEG ENTRÉE</b>	Ravioli Garlic bread Broccoli	Sandwich lunch- turkey, Club rolls chips	Beef tacos Flour wraps, corn shells Beans Rice	Chicken fingers Roasted potatoes Vegetable of the day	Pizza Hot dogs- farm only  On farm and in DR (hotdogs only as option)	mediterranean/Israeli meal- chicken, pita,, falafel, israeli salads, toppings (olives, feta, tahini, hummus, cucumbers, tomatoes, red onion)	Grilled cheese Tomato soup Gold fish
<b>SIDES/EXTRA INFO.....</b>			Salsa, sour cream, guacamole, cheese				
<b>DINNER</b>	-----	-----	-----	-----	-----	-----	-----
<b>MAIN ENTRÉE/</b> <b>MAIN VEG</b> <b>ENTREE</b>	Beef Vegetable lo mein Pot stickers Duck sauce	Grilled chicken breast Wild rice Sauteed greens	All beef hot dogs Sauerkraut Baked beans Veggie dogs	Flank steak Veggie beef	Roasted chicken ¼'s Veggie chicken patties	Turkey burgers w/ cheese on the side Veggie burgers	Spaghetti and meatballs- House made (dairy free) Fancy Italian salad Italian bread
<b>SIDES/EXTRA INFO.....</b>			Sweet potato fries baked	Rice pilaf Gravy Green beans farm	Roasted carrots, onions Potato kugel Small salad bar White grape juice	Farm vegetable Pasta salad Lettuce, tomato, onion, pickles	
<b>DESSERT</b>	cookies	Rice crispy treats	Ice cream novelties	fruit	TBD	Chefs choice	Crepe puffs

	MONDAY 7/2	TUES 7/3	WEDNESDAY 7/4	THURSDAY 7/5	FRIDAY 7/6	SATURDAY 7/7	SUNDAY 7/8
<b>BREAKFAST</b>	Pancakes, turkey bacon	waffles	Egg bake	French toast	Chefs choice	Bagel and lox breakfast 9 am	Continental breakfast
<b>LUNCH</b> <b>MAIN ENTRÉE/</b> <b>VEG ENTRÉE</b>	Crispy chicken sandwich Veggie chicken Brown rice	Beef steak sandwich Cheese on the side Veggie pita melts Plain pasta Red sauce	Mac and cheese Steamed broccoli Stewed tomatoes	Grilled chicken breasts Veggie fried rice Tofu edamame Vegetable spring rolls Duck sauce	Pizza Hot dogs- farm only  On farm and in DR (hotdogs only as option)	mediterranean/Israeli meal- chicken, pita,, falafel, israeli salads, toppings (olives, feta, tahini, hummus, cucumbers, tomatoes, red onion)	Bagged meals for counselors
<b>SIDES/EXTRA INFO.....</b>	Chips LTO						
<b>DINNER</b>	-----	-----	-----	-----	-----	-----	-----
<b>MAIN ENTRÉE/</b> <b>MAIN VEG</b> <b>ENTREE</b>	Turkey sausage Peppers and onion Baked potato bar	Quesadillas Tortilla chips Salsa, sour cream, guacamole	Turkey meatloaf Mashed potatoes gravy	Cheese lasagna Spinach lasagna Caesar salad- chicken, cheese, croutons on side	Whole roasted chicken Small salad bar Rice du juor Roasted vegetables	Beef burgers w/ cheese on the side Vegetable of the day	X
<b>SIDES/EXTRA INFO.....</b>			Green beans tofu			Fries L,T,O, pickles	
<b>DESSERT</b>		Ice cream					