

SUMMER MENU 2025 (2 week cycle)

WEEK 1	MONDAY	TUES	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Scrambled eggs, potatoes, turkey sausage, pancakes	Scrambled eggs, potatoes, turkey bacon, french toast	Scrambled eggs, potatoes, turkey sausage, waffles	Scrambled eggs, potatoes, turkey bacon, pancakes	Scrambled eggs, potatoes, turkey sausage, french toast	Bagel bar w/ nova lox, cream cheese, LTO, cucumber, caper Ordered variety bagels	Scrambled eggs, potatoes, turkey bacon, waffles
LUNCH MAIN ENTRÉE/ VEG ENTRÉE	Beef steak sandwich Veggie and cheese pita melt Sauteed onions, peppers	Chicken tenders Veggie chicken tenders	Ground chicken burrito bowl w/ brown rice Lentil burrito bowl w/ brown rice	Crispy chicken sandwich Veggie 'chicken' sandwich	Cheese pizza Tomato pie	Kaiser rolls Hot roast beef Veggie protein Provolone, horseradish mayo, on side	Grilled cheese Hot turkey on potato bun
SIDES/EXTRA INFO.....	Chips Sliced cheese	Sauteed greens Potato wedges Ketchup, BBQ, honey mustard	Fresh bean and corn salsa Tortilla chips, sour cream	Lettuce tomato pickles Tater tots	Carrot sticks and ranch	Asparagus Sweet potato fries	Tomato soup Potato chips
DINNER	-----	-----	-----	-----	-----	-----	-----
MAIN ENTRÉE/ MAIN VEG ENTRÉE	Sweet & sour chicken Sweet & sour tofu Jasmine rice Edamame	Cheese ravioli Plain pasta Grilled chicken strips	Spaghetti and beef meatballs Veggie balls	Grilled chicken Tempeh steaks Creamy cajun pasta w/ sauce on the side	Shabbat dinner Breaded chicken patties Tofu steaks Ordered challah bread	Beef burgers and dogs Veggie burgers and dogs	Chicken wing bar- plain wings, sauces on side French fries Veggie nuggets
SIDES/EXTRA INFO.....		Roasted zucchini Biscuits	Garlic bread Farm fresh vegetable	Rolls broccoli	mashed potatoes, green beans Matzoh ball soup on bar	Pasta salad, green salad	Celery Blue cheese
DESSERT	chocolate cake	Popsicles	Homemade dessert	Ice cream novelties	Apple pie (dairy free)	Watermelon and grapes	Brownies

WEEK 2	MONDAY	TUES	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Scrambled eggs, potatoes, turkey sausage, pancakes	Scrambled eggs, potatoes, turkey bacon, french toast	Scrambled eggs, potatoes, turkey sausage, waffles	Scrambled eggs, potatoes, turkey bacon, pancakes	Scrambled eggs, potatoes, turkey sausage, french toast	Bagel bar w/ nova lox, cream cheese, LTO, cucumber, caper Ordered variety bagels	Scrambled eggs, potatoes, turkey bacon, waffles
LUNCH MAIN ENTRÉE/ VEG ENTRÉE	Chicken tenders Veggie chicken tenders	Macaroni and cheese Turkey ham steak Tofu steak	Beef burger Veggie burger	Penne pasta beef meatballs Veggie balls	Cheese pizza Tomato pie	Hebrew national hotdogs Veggie dogs	counselors and some campers only
SIDES/EXTRA INFO.....	Sauteed greens Potato wedges Ketchup, BBQ, honey mustard	Zucchini Stewed tomatoes	Sliced cheese Lettuce, tomato, onion Chips, mayo mustard, ketchup	Broccoli Bread sticks	Carrot sticks and ranch	Baked beans Sauerkraut Potato chips	
DINNER	-----	-----	-----	-----	-----	-----	-----
MAIN ENTRÉE/ MAIN VEG ENTRÉE	Grilled chicken gyro bar Veg chicken Coconut rice Tzatziki Naan bread	Breakfast for dinner	Cheese lasagna Vegan lasagna Chicken/turkey sausages Vegan sausages	Cheese quesadilla Chicken strips Black beans Dairy free dillas in kitchen	Shabbat dinner, Breaded chicken patties, ordered Challah bread, tofu steaks	Flank steak Potato pierogies Seitan	Inneression dinner-menu to be determined
SIDES/EXTRA INFO.....	Cucumber salad		Brocolini Dinner rolls	Yellow rice, salsa, sour cream, guacamole, chips	Roasted sweet potatoes, roasted zucchini	Corn on the cob Roasted carrots	
DESSERT	Vanilla cake	popsicles	Homemade dessert	Ice cream novelties	Apple pie (dairy free)	Crepe puffs	X

****NOTES****

Breakfast available daily- bulk variety cereal, milk, yogurt, granola, hand fruit, hard boiled eggs, sliced tomato, sliced cheese.

Lunch/Dinner daily- salad bar available. Plain pasta, sauce available in back for CAA as a meal alternative.

All meals will have a gluten free option and a vegan option available in the kitchen.

All meals are free of peanuts and tree nuts. Please note we are an allergy aware kitchen, and while these allergens are not present in any meals, they are present in the kitchen. Allergen friendly snacks are always available.

Cheerios, fruit loops, cinnamon toast crunch all meals.

Bread, sunbutter, jelly

Bread free of dairy necessary

Chefs choices for next week need to be filled in

1 sliced lunchmeat and cheese out at 1145 each day

Bulk chips