

2022	<u>Summer Camp Lunch Menu 2022</u>				
WEEK 1	MONDAY 6/20	TUESDAY 6/21	WEDNESDAY 6/22	THURSDAY 6/23	FRIDAY 6/24
HOT ENTRÉE	Cheese Quesadillas Steam Rice , Black Beans Sour Cream & Salsa (V)	Beef Sliders Roasted Potatoes Steam Green Beans	Cheese Ravioli Steamed Green Peas Marinara Sauce (V)	Fish & Chips Chef Choice Vegetable Side of Cucumber Slices	Pizza Fun Friday <i>-All family style-</i> Plain Cheese Pizzas Caesar Salad Hand Fruit Chocloate Chip Cookies
SANDWICH	Italian Sub	Cheese Sandwich (V)	Turkey Sandwich	Soy Nut Butter & Jelly (V)	
CEASAR SALAD	Plain	w/ grilled chicken	Plain	w/ roasted veggies	
BAGEL	CUT IN HALF : 75% PLAIN / 25% Whole Wheat (cream cheese, butter & jam)				
PASTA W/ MARINARA	Penne	Rotini	Macaroni with Butter & Parmesan Cheese	Ziti	
WEEK 2	MONDAY 6/27	TUESDAY 6/28	WEDNESDAY 6/29	THURSDAY 6/30	FRIDAY 7/1
HOT ENTRÉE	Baked Ziti w. Turkey Bacon Crumbles	Pulled Chicken Tacos Steamed Corn Taco Sides	Grilled Chicken Strips Mac & Cheese Chef Choice Vegetable	Turkey Meatballs w/ Ditalini Pasta & Marinara Sauce	50/50 Beef & Turkey Hot Dogs w. Tater Tots
SANDWICH	Italian Sub	Cheese Sandwich (V)	Turkey Sandwich	Soy Nut Butter & Jelly (V)	Ham Sandwich
CEASAR SALAD	Plain	w/ grilled chicken	Plain	w/ roasted veggies	w/ chickpeas
BAGEL	CUT IN HALF : 75% PLAIN / 25% Whole Wheat (cream cheese, butter & jam)				
PASTA W/ MARINARA	Penne	Ziti	Rotini	Mac & Cheese (no Marinara)	Chef's Choice
WEEK 3	MONDAY 7/4	TUESDAY 7/5	WEDNESDAY 7/6	THURSDAY 7/7	FRIDAY 7/8
HOT ENTRÉE	 4th of July NO LUNCH	Teriyaki Salmon Steamed Brown Rice Chef Choice Vegetable	Boneless Chicken Wings / Oven Fried Potatoes/ Celery Sticks & Honey Mustard Sauce	Hard Shell Ground Beef Tacos/ Sides of Lettuce, Tomato, Sour Cream & Salsa	Baked Chicken Cutlet & Provolone Melt on Potato Roll Chef Choice Side Salad
SANDWICH		Cheese Sandwich (V)	Turkey Sandwich	Soy Nut Butter & Jelly (V)	Ham Sandwich
CEASAR SALAD		w/ grilled chicken	Plain	w/ roasted veggies	w/ chickpeas
BAGEL		75% PLAIN / 25% Whole Wheat cream cheese, butter & jam			
PASTA W/ MARINARA		Rotini	Macaroni with Butter & Parmesan Cheese	Ziti	Chef's Choice

*All side boxes will be labeled and include appropriate fixings to entrée, a fresh fruit salad, utensils and napkin
 All ratios of each item sent are at Chef's discretion*

2022	<u>Summer Camp Lunch Menu 2022</u>				
WEEK 4	MONDAY 7/11	TUESDAY 7/12	WEDNESDAY 7/13	THURSDAY 7/14	FRIDAY 7/15
HOT ENTRÉE	Cheese Quesadillas Steam Rice , Black Beans Sour Cream & Salsa (V)	Beef Sliders Roasted Potatoes Steam Green Beans	Cheese Ravioli Steamed Green Peas Marinara Sauce (V)	Fish & Chips Chef Choice Vegetable Side of Cucumber Slices	Roasted Chicken Drumsticks Brown Rice Chef's Choice Vegetable
SANDWICH	Italian Sub	Cheese Sandwich (V)	Turkey Sandwich	Soy Nut Butter & Jelly (V)	Ham Sandwich
CEASAR SALAD	Plain	w/ grilled chicken	Plain	w/ roasted veggies	w/ chickpeas
BAGEL	75% PLAIN / 25% Whole Wheat (cream cheese, butter & jam)				
PASTA W/ MARINARA	Penne	Ziti	Rotini	Mac & Cheese (no Marinara)	Chef's Choice
WEEK 5	MONDAY 7/18	TUESDAY 7/19	WEDNESDAY 7/20	THURSDAY 7/21	FRIDAY 7/22
HOT ENTRÉE	Baked Ziti w. Turkey Bacon Crumbles	Pulled Chicken Tacos Steamed Corn Taco Sides	Grilled Chicken Strips Mac & Cheese Chef Choice Vegetable	Turkey Meatballs w/ Ditalini Pasta & Marinara Sauce	50/50 Beef & Turkey Hot Dogs w. Tater Tots
SANDWICH	Italian Sub	Cheese Sandwich (V)	Turkey Sandwich	Soy Nut Butter & Jelly (V)	Ham Sandwich
CEASAR SALAD	Plain	w/ grilled chicken	Plain	w/ roasted veggies	w/ chickpeas
BAGEL	75% PLAIN / 25% Whole Wheat (cream cheese, butter & jam)				
PASTA W/ MARINARA	Penne	Rotini	Macaroni with Butter & Parmesan Cheese	Ziti	Chef's Choice
WEEK 6	MONDAY 7/25	TUESDAY 7/26	WEDNESDAY 7/27	THURSDAY 7/28	FRIDAY 7/29
HOT ENTRÉE	BBQ Pulled Chicken Sliders Chef Choice Vegetable <i>Side of Coleslaw</i>	Teriyaki Salmon Steamed Brown Rice Chef Choice Vegetable	Boneless Chicken Wings / Oven Fried Potatoes/ Celery Sticks & Honey Mustard Sauce	Hard Shell Ground Beef Tacos/ Sides of Lettuce, Tomato, Sour Cream & Salsa	Baked Chicken Cutlet & Provolone Melt on Potato Roll Chef Choice Side Salad
SANDWICH	Italian Sub	Cheese Sandwich (V)	Turkey Sandwich	Soy Nut Butter & Jelly (V)	Ham Sandwich
CEASAR SALAD	Plain	w/ grilled chicken	Plain	w/ roasted veggies	w/ chickpeas
BAGEL	75% PLAIN / 25% Whole Wheat (cream cheese, butter & jam)				
PASTA W/ MARINARA	Penne	Ziti	Rotini	Mac & Cheese (no Marinara)	Chef's Choice

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All ratios of each item sent are at Chef's discretion

2022	Summer Camp Lunch Menu 2022				
WEEK 7	MONDAY 8/1	TUESDAY 8/2	WEDNESDAY 8/3	THURSDAY 8/4	FRIDAY 8/5
HOT ENTRÉE	Cheese Quesadillas Steam Rice , Black Beans Sour Cream & Salsa (V)	Beef Sliders Roasted Potatoes Steam Green Beans	Cheese Ravioli Steamed Green Peas Marinara Sauce (V)	Fish & Chips Chef Choice Vegetable Side of Cucumber Slices	Roasted Chicken Drumsticks Brown Rice Chef's Choice Vegetable
SANDWICH	Italian Sub	Cheese Sandwich (V)	Turkey Sandwich	Soy Nut Butter & Jelly (V)	Ham Sandwich
CEASAR SALAD	Plain	w/ grilled chicken	Plain	w/ roasted veggies	w/ chickpeas
BAGEL	75% PLAIN / 25% Whole Wheat (cream cheese, butter & jam)				
PASTA W/ MARINARA	Penne	Rotini	Macaroni with Butter & Parmesan Cheese	Ziti	Chef's Choice
WEEK 8	MONDAY 8/8	TUESDAY 8/9	WEDNESDAY 8/10	THURSDAY 8/11	FRIDAY 8/12
HOT ENTRÉE	Baked Ziti w. Turkey Bacon Crumbles	Pulled Chicken Tacos Steamed Corn Taco Sides	Grilled Chicken Strips Mac & Cheese Chef Choice Vegetable	Turkey Meatballs w/ Ditalini Pasta & Marinara Sauce	50/50 Beef & Turkey Hot Dogs w. Tater Tots
SANDWICH	Italian Sub	Cheese Sandwich (V)	Turkey Sandwich	Soy Nut Butter & Jelly (V)	Ham Sandwich
CEASAR SALAD	Plain	w/ grilled chicken	Plain	w/ roasted veggies	w/ chickpeas
BAGEL	75% PLAIN / 25% Whole Wheat (cream cheese, butter & jam)				
PASTA W/ MARINARA	Penne	Ziti	Rotini	Mac & Cheese (no Marinara)	Chef's Choice

All side boxes will be labeled and include appropriate fixings to entrée, a fresh fruit salad, utensils and napkin

All ratios of each item sent are at Chef's discretion