



TASTEBUDS
Food Service

Sample Regular Camp Menu

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BREAKFAST	pancakes - regular and chocolate chip, syrup, fresh bananas orange juice, hot chocolate	scrambled eggs, home fries hot sauce, sausage, slice cheese ketchup hot chocolate fresh cut fruit	crème brulee french toast, syrup, non-sugar cereal, orange juice bananas	cheesy eggs, hash browns bacon hot sauce, ketchup fresh cut fruit lactose - plain eggs	waffles, syrup, sliced cantaloupe, orange juice, fresh orange slices	breakfast burrito, home fries diced ham, salsa cheese orange juice, fresh cut fruit	bagels (warm), donut holes muffins, fresh cut fruit jelly, butter, cream cheese fresh cut fruit
LUNCH	meatball sub sweet potato fries broccoli hot sauce	chicken gyro, pita, hummus, tahini, israeli salad couscous	cheese quesadillas, corn and black bean salad, hot sauce, salsa, spanish rice sour cream	mac 'n cheese, fish sticks mixed vegetable, corn bread, tartar sauce, hot sauce	grilled cheese tomato bisque tortilla chips ranch	assorted pizza vegetable crudite soup of the day garlic bread, caesar Salad	Sliced deli meats - turkey, salami, pastrami bread - white and wheat chips lettuce, pickle, tomato ketchup, hot sauce, mustard, mayo cans of soda
Dessert	italian ice	cookies	churros	chocolate pudding	sliced peaches	applesauce	cookies
DINNER	chicken fingers, french fries, corn, ketchup, hot sauce, bbq sauce, honey mustard	baked ziti bread sticks vegetable medley	carved turkey mashed potato, gravy, cranberry sauce, stuffing green beans	sloppy Joes buns, tater tots, mixed vegetable, ketchup, hot sauce, bbq sauce	chicken teriyaki, fried rice, steamed broccoli and carrots, soy sauce	roasted chicken roasted potatoes green beans chicken noodle soup dinner roll hot sauce ketchup fruit juice	bbq- hamburger, buns corn on the cob pasta or potato salad lettuce, tomato, onion, relish, ketchup, BBQ sauce, mustard, hot sauce hot dogs, buns kraut
Dessert	brownies	ice cream	apple crumble	cookies	brownies	strawberry shortcake	watermelon

** Dietary restrictions and allergies are specified per camp. We cater to all dietary restrictions and allergies.

Salad Bar		
BREAKFAST	LUNCH	DINNER
oatmeal yogurt cinnamon, brown sugar raisins soy milk lactose free milk	lettuce, spinach, tuna, cucumbers, chick peas, shaved carrots, beets sliced eggs, beans, chinese noodles, croutons pickles, salad dressings mandarin oranges, peppers tomatoes, onions, corn pickles, salad dressings	lettuce, spinach, tuna, cucumbers, chick peas, shaved carrots, beets sliced eggs, beans, chinese noodles, croutons pickles, salad dressings mandarin oranges, peppers tomatoes, onions, corn pickles, salad dressings

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