



TASTEBUDS
Food Service

Sample Camp Menu

(Non-Kosher)

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BREAKFAST	pancakes - reg and choc chip syrup, butter bacon hot chocolate orange or apple juice	scrambled eggs, home fries hot sauce, sausage, sliced cheese ketchup fresh cut fruit orange or apple juice	french toast syrup, butter bananas orange or apple juice	cheesy eggs, hash browns bacon hot sauce, ketchup fresh cut fruit orange or apple juice	waffles syrup, butter sausage links fresh orange slices orange or apple juice	breakfast burrito, home fries diced ham, salsa cheese fresh cut fruit orange or apple juice	bagels (warm) muffins, donuts jelly, butter, cream cheese fresh cut fruit orange or apple juice
LUNCH	meatball sub sweet potato fries steamed broccoli	chicken gyro, pita hummus, tzitziki israeli salad couscous	cheese quesadillas, corn and black bean salad hot sauce, salsa sour cream spanish rice	mac 'n cheese, fish sticks mixed vegetable corn bread, tartar sauce hot sauce	grilled cheese tomato bisque torrtilla 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	fresh fruits
DINNER	chicken fingers, french fries corn, ketchup, hot sauce bbq sauce, honey mustard	baked ziti bread sticks vegetable medley caesar salad	roasted turkey breast mashed potato, gravy cranberry sauce, stuffing green beans	sloppy Joes buns, tater tots mixed vegetables	chicken teriyaki, fried rice, steamed broccoli and carrots, soy sauce	roasted chicken roasted potatoes green beans 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	donuts	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	lettuce, spinach	lettuce, spinach
cinnamon, brown sugar	cucumbers, tomatoes, onions	cucumbers, tomatoes, onions
raisins	carrots, beets, olives, pickles	carrots, beets, olives, pickles
fresh fruit	peppers, pickles, olives	peppers, pickles, olives
cucumber, tomato	sliced eggs, beans, chic peas	sliced eggs, beans, chic peas
cereals	mandarin oranges, corn	mandarin oranges, corn
Available:	chick peas, tuna	chick peas, tuna
soy milk	grilled chopped chicken	grilled chopped chicken
lactose free milk	chinese noodles, croutons	chinese noodles, croutons
rice milk	salad dressings, oil & vinegar	salad dressings, oil & vinegar

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