



# Menu & Mealtimes

Note: Vegan and Vegetarian meals will be mostly soy-based

## Thursday, August 28th

Dinner: 6:00 pm - 7:15 pm

- Tacos (Beef & chicken)
- Shredded Romaine Lettuce
- Diced Tomatoes
- Spanish Rice
- Roasted Corn
- Salsa
- Hard shells
- Black Olives
- Veggie – Soy protein
- Salad Bar



## Friday, August 29<sup>th</sup>

### Breakfast: 7:15-8:15

- Scrambled eggs
- Diced potatoes with Fajita Veggie Blend & Seasoning
- Mini Biscuits
- Oatmeal
- Bulk Yogurt, Granola, Raisins or Craisins
- Blueberries and strawberries & Bananas

### Lunch: Packed lunches during breakfast (people will make their own)

- Brioche Buns
- Turkey, Tuna, Pastrami, [Wow Butter](#) & Jelly
- Tyrell Chips
- Oreos
- Pickle Spears

### Lunch in Camp: noon -1 for 10 people

- Same food as the camp staff

### Dinner: 7:30-8:30

- Roast chicken
- Green Beans
- Spring Mix Salad
- [Israeli Cous Cous](#)
- Challah & Grape Juice
- [Kokosh](#)
- Veg – Tofu
- Salad Bar



## Saturday, August 30

### Breakfast – 7:15-8:15

- Bagels & Cream Cheese
- Hard-boiled eggs
- Sliced tomatoes and cheese
- Oatmeal
- Bulk Yogurt, Granola, Raisins or Craisins
- Blueberries and strawberries, & Bananas

### Lunch: Packed lunches during breakfast (people will make their own)

- Brioche Buns
- Turkey, Tuna, Pastrami, [Wow Butter](#) & Jelly
- Tyrell Chips
- Oreos
- Pickle Spears

### Lunch in Camp: noon – 1:00 for 25 people

- Falafel
- Pita
- Hummus
- Israeli Salad
- Salad Bar

### Dinner: 5:30-6:30

- Salmon with roasted tomatoes & Lemon
- Baked Potatoes
- Roasted Broccoli
- Shredded Cheese & Sour cream
- Garlic knots
- Salad Bar



## Sunday, August 31

### Breakfast: 7:15-8:15

- French Toast Casserole
- Oatmeal
- Bulk Yogurt, Granola, Raisins or Craisins
- Blueberries and strawberries & Bananas

### Packed lunches during breakfast (people will make their own):

- Brioche Buns
- Turkey, Tuna, Pastrami, Wow Butter & Jelly
- Tyrell Chips
- Oreos
- Pickle Spears

### Lunch in Camp noon – 1 pm for 15 people

- Same food as the camp staff

### Dinner: 5:45-6:45

- Hamburgers, hot dogs, chicken (if available)
- Chips
- Pickles
- Cole slaw
- Watermelon
- Salad Bar



## Monday, September 1

Breakfast: 7:30 am – 8:30 am

- Scrambled Eggs
- Hash browns
- Oatmeal
- Bulk Yogurt, Granola, Raisins or Craisins
- Blueberries and strawberries & Bananas