



Sample Summer Menu

Breakfast

Lunch

Dinner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Bagels	Scrambled Eggs & breakfast potatoes	Pancakes	Egg & Cheese biscuit sandwiches	French Toast	Waffles	Donuts
Chicken Patty Sandwiches waffle fries	Hot Dogs potato chips, assorted toppings, watermelon	Taco Bar Black beans, fake meat, salsa, guacamole, sour cream, shredded cheese, lettuce, tortillas & hard shell tacos	Pizza (Cheese & vegetable), caesar salad	Mac and Cheese peas & carrots, garlic bread sticks	Grilled Cheese tomato soup, french fries	All Camp Picnic! Pita, falafel, hummus, tahini sauce, Israeli salad
Pasta Bar plain pasta, marinara, pesto, & alfredo sauces, garlic bread, caesar salad	Sloppy Joe sandwiches, sweet potato fries	BBQ Chicken mashed potatoes, brussel sprouts	Beef & Broccoli Stir Fry rice, egg rolls	Fish Tacos rice, salsa, guacamole, sour cream, shredded cheese, lettuce, tortillas & hard shell tacos	Baked Chicken roasted potatoes, roasted vegetables, salad, Challah, & Italian ices	Cookout! Burgers, hot dogs, grilled chicken, corn on the cob, potato salad, pasta salad, & watermelon

Breakfast Bar (all breakfasts)

- Fresh fruit
- Israeli salad
- Oatmeal
- Granola
- Plain & strawberry yogurt
- Assorted cereal
- Hard boiled eggs
- Cottage Cheese

Salad Bar (all lunches and dinners)

- Assorted lettuces
- Vegetables (tomatoes, cucumbers, peppers, carrots, snow peas, corn, peas, etc.)
- Proteins (hard boiled eggs, tuna, beans, tofu, cheeses, quinoa. etc.)
- Toppings (croutons, sunflower seeds, raisins, etc.)
- Assorted dressings

Vegetarian, vegan, and gluten free options always available!

Snacks everyday!