



Summer Camp June 11th to July 27th, 2018

Our menu is created with seasonal ingredients and balanced recipes.
Lunch is served daily with soup of the day, a variety of salad items, fresh fruit, dessert and milk.
All our food is made on property and is organic and natural. *Menu items might be subject to change without prior notice.

Monday	Tuesday	Wednesday	Thursday	Friday
11 Spaghetti and Turkey  Bolognese, Green Beans Fresh Fruit Soup: Squash Veg: Veggie Raviolis	12 Beef Stew Jasmine Rice, Sweet Peas Fresh Fruit Soup: Lentils Veg: Meatless Meatballs	13 Chicken Milanese Mashed Potatoes, Carrots Fresh Fruit Soup: Broccoli Veg: Veggie Pockets	14 Ham and Cheese Quesadillas Mixed Vegetables Fresh Fruit Soup: Roasted Corn Veg: Cheese Quesadillas	15 Pizza Day! Ham, Turkey Pepperoni, Margarita Fresh Fruit Soup: Chicken Noodles Veg: Cheese Pizza 
18 Mac & Cheese Chicken Fingers, Sweet Peas Fresh Fruit Soup: Carrots Veg: Mac & Cheese	19 Beef Stir Fry w/ Carrots Rice & Black Beans, Sweet Plantains Fresh Fruit Soup: Broccoli Veg: Mushroom Stir Fry	20 Turkey Meatballs Mashed Potatoes, Broccoli Fresh Fruit Soup: Lentils Veg: Veggie Meatballs	21 Spaghetti Bolognese, Carrots Fresh Fruit Soup: Chicken Noodles Veg: Spaghetti Pomodoro	22 Burger Sliders Lettuce, Tomato & Cheese Baked French Fries Fresh Fruit Soup: Squash Veg.: Veggie Burger
25 Penne Pasta & Chicken Bolognese Sauce Broccoli Fresh Fruit Soup: Carrots Veg: Meatless Meatballs	26 Beef Stew Mashed Potatoes & Roasted Squash Fresh Fruit Soup: Broccoli Veg: Lentil Stew	27 BBQ Chicken, Jasmine Rice & Corn Carrot Sticks Fresh Fruit Soup: Lentils Veg: BBQ Meatless Chicken	28 Turkey Ham & Cheese Grilled Sandwiches Broccoli, Baked Fries Fresh Fruit Soup: Pizza Soup Veg.: Grilled Cheese	29 Pizza Day! Ham, Turkey Pepperoni, Margarita Fresh Fruit Soup: Chicken Noodles Veg: Cheese Pizza
2 Chicken Fajitas Black Beans, Carrots Fresh Fruit Soup: Broccoli Veg: Roasted Veggie Fajitas	3 Beef Strips in Pomodoro Sauce Penne Pasta Fresh Fruit Soup: Chicken Stew Veg: Veggie Pasta	4  NO SCHOOL	5 Meatball Subway  Sandwich Broccoli Fresh Fruit Soup: Carrots Veg.: Veggie Meatballs	6 Chicken Fingers Mashed Potatoes, Sweet Peas Fresh Fruit Soup: Roasted Squash Veg: Veggie Chicken Fingers
9 Spaghetti and Turkey Bolognese, Green Beans Fresh Fruit Soup: Squash Veg: Veggie Raviolis	10 Beef Stew Jasmine Rice, Sweet Peas Fresh Fruit Soup: Lentils Veg: Meatless Meatballs	11 Chicken Milanese Mashed Potatoes, Carrots Fresh Fruit Soup: Broccoli Veg: Veggie Pockets	12 Ham and Cheese Quesadillas Mixed Vegetables Fresh Fruit Soup: Roasted Corn Veg: Cheese Quesadillas	13 Pizza Day! Ham, Turkey Pepperoni, Margarita Fresh Fruit Soup: Chicken Noodles Veg: Cheese Pizza 
16 Mac & Cheese  Chicken Fingers, Sweet Peas Fresh Fruit Soup: Carrots Veg: Mac & Cheese	17 Beef Stir Fry w/ Carrots Rice & Black Beans, Sweet Plantains Fresh Fruit Soup: Broccoli Veg: Mushroom Stir Fry	18 Turkey Meatballs Mashed Potatoes, Broccoli Fresh Fruit Soup: Lentils Veg: Veggie Meatballs	19  Spaghetti Bolognese, Carrots Fresh Fruit Soup: Chicken Noodles Veg: Spaghetti Pomodoro	20 Burger Sliders Lettuce, Tomato & Cheese Baked French Fries Fresh Fruit Soup: Squash Veg.: Veggie Burger
23 Penne Pasta & Chicken Bolognese Sauce Broccoli Fresh Fruit Soup: Carrots Veg: Meatless Meatballs	24 Beef Stew Mashed Potatoes & Roasted Squash Fresh Fruit Soup: Broccoli Veg: Lentil Stew	25 BBQ Chicken, Jasmine Rice & Corn Carrot Sticks Fresh Fruit Soup: Lentils Veg: BBQ Meatless Chicken	26 Turkey Ham & Cheese Grilled Sandwiches Broccoli, Baked Fries Fresh Fruit Soup: Pizza Soup Veg.: Grilled Cheese	27 Pizza Day! Ham, Turkey Pepperoni, Margarita Fresh Fruit Soup: Chicken Noodles Veg: Cheese Pizza