

## SUMMER CAMPS - 2 WEEK ROTATING MENU

SUNDAY		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	<a href="#">BRUNCH</a>	Fried Eggs / Boiled Eggs	Scrambled Eggs/ Boiled Eggs	Cheese Omelet/ Boiled Eggs	Eggs McRidley / Boiled Eggs	Cheddar Scrambled / Boiled Eggs	Fried Eggs / Boiled Eggs
	EGGS TO ORDER:	Sausage Links / Hash Browns	Breakfast Ham	Peameal Bacon / Hash Browns	Sausage Patties	Crispy Bacon / Hash Browns	Fried Bologna
	Omelets, Scrambled Boiled Eggs		Eggo Waffles with Syrup	French Toast with Syrup	Chocolate Chip Pancakes with Syrup		Waffles with Syrup
		Hot Cereal/ Cream Of Wheat	Hot Cereal / Congee	Hot Cereal/ Apple Cinnamon Oatmeal	Hot Cereal / Maple Oatmeal	Hot Cereal / Cream of Wheat	Hot Cereal/ Congee

LUNCH	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Scrambled Eggs/Boiled eggs	Chicken Fingers	Penne Pasta with Meatballs	pulled pork	chicken stir fry	crunchie haddock	Pepperoni Pizza
	Bacon / Sausage	French fries	garlic & cheese breadstix	potato wedges	fried rice	french fries	Three Cheese Pizza
	Pancakes/ Syrup	side garden salad	fresh cut veggies & dip	creamy coleslaw	Thai noodle salad	creamy coleslaw	Spicy Curly Fries
	Beef Pot Pie	apple wedges	whole fresh fruit	fresh cut fruit plate	whole fresh fruit	fresh fruit cup	Carrot/ Celery
	Baked Potato	Roast Beef					
	Steamed Broccoli	SALAD BAR/DELI BAR	SALAD BAR/DELI BAR	SALAD BAR/DELI BAR	SALAD BAR/DELI BAR	Salmon (Gluten Free)	
	SALAD BAR/DELI BAR	SOUP OF THE DAY	SOUP OF THE DAY	SOUP OF THE DAY	SOUP OF THE DAY	SOUP OF THE DAY	SALAD BAR/DELI BAR
	SOUP OF THE DAY	<i>Samosas</i>	<i>Pasta Marinara</i>	<i>Vegan Mushroom Pulled Pork</i>	<i>Tofu Stir Fry</i>	<i>Salmon Lentil Sweet Potato Curry</i>	SOUP OF THE DAY
	<i>Black Bean Burger</i>	<i>Sticky Rice</i>	<i>Sticky Rice</i>	<i>Sticky Rice</i>	<i>Sticky Rice</i>	<i>Sticky Rice</i>	<i>Cheese Pizza</i>
						<i>Sticky Rice</i>	

DINNER	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Roast Pork Loin	Octoberfest Sausage	Chicken Burger	Chili Thai Pork Bites	Pork Chop/ Apple Sauce	Pasta Bar	Beef Fajitas
	Baked Sweet Potato	On A Bun	Curly Fries	Stir Fry Soba Noodles	Mashed Potatoes	Pesto Sauce/ Marinara Sauce	Nacho and Salsa
	Gravy	Potato wedges	Side Salad	Fried Rice	Corn on The Cob	Garlic Bread Stix	Guacamole
	Side Salad	Potato Salad		Thai Noodle Salad	Side Salad	Side Caesar Salad	
	Whole Fresh Fruit	Whole Fresh Fruit	Whole Fresh Fruit	Whole Fresh Fruit	Whole Fresh Fruit	Whole Fresh Fruit	Whole Fresh Fruit
	SOUP OF THE DAY	SOUP OF THE DAY	SOUP OF THE DAY	SOUP OF THE DAY	SOUP OF THE DAY	SOUP OF THE DAY	SOUP OF THE DAY
	<i>Perogies</i>	<i>Veggie Dogs</i>	<i>Veggie Burger</i>	<i>Vegetarian Stir Fry</i>	<i>Vegetarian Chili</i>	<i>Pasta Marinara</i>	<i>Black Bean Quesadilla</i>
	<i>Sticky Rice</i>	<i>Sticky Rice</i>	<i>Sticky Rice</i>	<i>Sticky Rice</i>	<i>Sticky Rice</i>	<i>Sticky Rice</i>	

SUNDAY		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	<b>BRUNCH</b> <b>EGGS TO ORDER:</b> Omelets, Scrambled Boiled Eggs	Fried Eggs / Boiled Eggs Sausage Links / Hash Browns	Eggs McRidley / Boiled Eggs Breakfast Ham Eggo Waffles with Syrup	Cheese Omelet / Boiled Eggs Peameal Bacon / Hash Browns French Toast with Syrup	Scrambled Eggs / Boiled Eggs Sausage Patties Chocolate Pancakes with Syrup	Cheddar Scrambled Eggs/ Boiled Eggs Crispy Bacon / Hash Browns	Fried eggs / Boiled Eggs Fried Bologna Eggo waffles with Syrup
		<i>Hot Cereal / Cream of Wheat</i>	<i>Hot Cereal / Congee</i>	<i>Hot Cereal / Apple Cinnamon Oatmeal</i>	<i>Hot Ceareal Maple Oatmeal</i>	<i>Apple Cinnamon Oatmeal</i>	<i>Hot Cereal / Congee</i>

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LUNCH	Scrambled Eggs/ Boiled Eggs Bacon / Sausage Waffles / Syrup Chicken Stirfry Egg Roll Fried Rice SALAD BAR/DELI BAR SOUP OF THE DAY <i>Tofu Stir Fry</i> <i>Sticky Rice</i>	hamburgers curly fries side garden salad apple wedges   SALAD BAR/DELI BAR SOUP OF THE DAY <i>Pasta Marinara</i> <i>Sticky Rice</i>	BBQ chicken drumsticks savory rice pilaf steamed broccoli whole fresh fruit   SALAD BAR/DELI BAR SOUP OF THE DAY <i>Quinoa Stuffed Peppers</i> <i>Sticky Rice</i>	ginger beef noodle vegetable stir fry side garden salad fresh cut fruit plate   SALAD BAR/DELI BAR SOUP OF THE DAY <i>Siracha Tofu Stir Fry</i> <i>Sticky Rice</i>	hot dogs french fries potato salad Octoberfest Sausage Pergories whole fresh fruit  SALAD BAR/DELI BAR SOUP OF THE DAY <i>Veggie Dogs</i> <i>Sticky Rice</i>	creamy Macaroni & Cheese garlic & cheese breadstix Baked Salmon side garden salad fresh fruit cup   SALAD BAR/DELI BAR <i>Asian Noodle Stir Fry</i> <i>Sticky Rice</i>	Chicken Parmesane Pasta / Tomato Sauce Garlic Stix Ceaser Salad   Whole Fresh Fruit SALAD BAR/DELI BAR SOUP OF THE DAY <i>Vegetarian Burger</i> <i>Sticky Rice</i>

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>DINNER</b>	Philly Cheese Steak Potato Wedges Side Salad	Roast Chicken Quarters Roasted potato Baby Carrot Side Salad	Braised steak w/ onions Baked Potato Whole Green Beans Side Salad	Lasagna Garlic Stix Side Caesar Salad	Turkey Burger Sweet Potato Fries  Potato Salad	Dip and Dusted Haddock Scalloped Potato Side Coleslaw	Wing Night Peperoni / Cheese Pizza Celery Carrot Stix/ Dipping Sauce Side Salad
	Whole Fresh Fruit SOUP OF THE DAY <i>Veggie Sub</i> <i>Sticky Rice</i>	Whole Fresh Fruit SOUP OF THE DAY <i>Vegan Shephards Pie</i> <i>Sticky Rice</i>	Whole Fresh Fruit SOUP OF THE DAY <i>Falafel on a Pita</i> <i>Sticky Rice</i>	Whole Fresh Fruit SOUP OF THE DAY <i>Vegetarian Lasagna</i> <i>Sticky Rice</i>	Whole Fresh Fruit SOUP OF THE DAY <i>Dahl</i> <i>Sticky Rice</i>	Whole Fresh Fruit SOUP OF THE DAY <i>Jamaican Patties</i> <i>Sticky Rice</i>	Whole Fresh Fruit SOUP OF THE DAY <i>Vegetarian Potato Skins</i> <i>Sticky Rice</i>

VEGETARIAN / VEGAN OPTIONS AVAILABLE EVERY DAY