

DAY CAMP MEALS



Menu for cold lunches, lunch box type – summer 2022

| Date | Days of the week – summer 2022 | | | | |
|---|---|---|--|--|---|
| | Monday | Tuesday | Wednesday | Thursday | Friday |
| Week 1 (Jun 27-Jul. 1) Week 4 (July 18-22) Week 7 (Aug. 8-12) | Chicken curry and cranberry wrap <u>Side</u> Tomatoes, cucumber and bocconcini salad | Egg salad sandwich in a brioche bun <u>Side</u> Greek pasta salad | Tortilla pizza roll <u>Side</u> Legume salad | Salmon salad sandwich on Kaiser bun <u>Side</u> Cucumber salad | Chicken breast salad (lettuce, tomatoes, corn, cucumber, chickpeas, cheese) <u>Side</u> Ranch vinaigrette and small bun |
| Week 2 (July 4-8) Week 5 (July 25-29) | Turkey and bacon club sandwich <u>Side</u> Coleslaw and tortillas with guacamole | Ham and cheese croissant <u>Side</u> Mexican pasta salad | Crispy tofu, apple, and avocado wrap <u>Side</u> Potato salad | <u>Mixed plate:</u> Cold cuts, egg, hummus, crackers & cheese <u>Side</u> Pickles and corn salad | Salmon and orzo creamy salad <u>Side</u> Crostini with tofu spread |
| Week 3 (July 11-15) Week 6 (Aug. 1-5) | Colorful tortilla roll with turkey and cheese <u>Side</u> Lemony pasta salad with vegetables, tortillas and salsa | Cold pizza with salami, peppers, and cheese on flat bread <u>Side</u> Quinoa salad with chickpeas | BBQ pulled chicken burger <u>Side</u> Carrot and cranberry salad | Pastrami submarine <u>Side</u> Cucumber, watermelon, and feta cheese salad | “Poke” bowl with chicken, vegetables, and rice vermicelli <u>Side</u> Served with Asian style dressing |

All meals are served with juice box, sides and dessert.

| Price | |
|-----------|-------------------------------------|
| \$42/week | \$10.50/day (upon reservation only) |



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