



## Menu at Jookender Family Camp, September, 2019

### All meals will include:

- gluten-free, dairy-free, and vegetarian options
- Water, Iced Tea, and Lemonade
- Other allergies-free options (as per your registrations)
- Hand fruits and snacks will be available all days through at the Dining Hall.

*\*Please, note, that the Camp is Nut-free and Peanut Free Facility*

### Friday, September 13<sup>th</sup>:

**Late Night Snack** 6:00 pm - Sheet Cake

### **Shabbat Dinner 7:30 – 9:00 pm:**

- Beef and Barley Soup
- Herb Roasted Chicken
- Garden Salad w/Assorted Dressings
- Roasted Corn (Veg)
- Herb Roasted Fingerling Potatoes
- Quinoa Stuffed Peppers (Veg)
- Brownies and fresh cut fruit salad
- Challah and Grape Juice

### Saturday, September 14<sup>th</sup>:

#### **Saturday Breakfast 7:45 – 8:45am:**

- Coffee, Tea, Hot Water
- Assorted Cereals, Danish, Muffins, Yogurt, Hard Boiled Eggs, Cottage Cheese, Fruit Salad, Bananas & Granola

**AM Snack** – Hand Fruit and Nutrigrain bars

**Kiddush** – Grape Juice, Fresh Fruit, cookies



**Saturday Lunch 12:30 – 1:30 pm:**

- Cold Lunch – Assorted cold cuts: Turkey, Roast Beef, Beef Salami, Corn Beef, Pastrami
- Tuna and Egg Salad, Humus, Garden Salad, Lettuce and Tomato, Garden Salad, Pasta Salad, Potato Salad, Rolls and Sliced Bread, Pickles, Coleslaw, and Chips
- Chulent (meat or veggie)
- Chocolate Chip Cookies

**Saturday Dinner 7:00 – 8:00 pm:**

- Baked Ziti
- Caesar Salad, Rolls, Challah and Grape Juice
- Ice Cream Sundays

**Sunday, September 15<sup>th</sup>:**

**Sunday Breakfast 8:00 am – 8:50 am**

- Coffee, Tea, Hot Water
- Assorted Cereals, Danish, Muffins, Yogurt, Hard Boiled Eggs, Cottage Cheese, Fruit Salad, Bananas & Granola
- French Toasts

**Sunday Lunch 12:00 pm – 1:00 pm:**

- Chicken Lo Mein with Egg Rolls

*\*Camp Ramah reserves the right to replace some meals, based on availability.*