



MENU for June Camp 2023

Tea, coffee, water, and some fruits and small snacks will be available during the day, at the Dining Hall

There will be some food replacements/options for the sever dairy and gluten free allergies (and all allergies listed in the application) with every meal served.

For children who eat “Pasta only” there will be some pasta available during Lunch and Dinner.

Friday Dinner (7:00 – 8:00 pm)

- Shabbat Hallah bread, butter, cream cheese
- Salad Bar w/dressings, ketchup, etc.
- Roasted & Roasted Chicken
- Tea, Coffee, Juice, Water, sugar, sugar replacement
- Desert
- Some gluten-free, dairy-free options, and vegetable options for the main part

Saturday Breakfast (8:00 – 9:00 am)

- Fruits/berries
- Plain hot Oatmeal
- Hash brown potatoes, scrambled eggs, sausages
- Children Pancakes, syrup
- Sliced bread, butter, cream cheese
- Milk, and Lactose Free Milk, Orange Juice, Water, Tea, Coffee. sugar, sugar replacement
- Some gluten-free, dairy-free options, and vegetable options for the main part

Saturday Lunch (12:00 – 1:00 pm)

- Any kind of soup (not very spicy)
- Do-it-yourself sandwich (sliced bread, butter, cream cheese, regular cheese, cold cuts or kielbasa)
- Salad Bar
- Tea, Coffee, Juice, Water, sugar, sugar replacement
- Some gluten-free, dairy-free options, and vegetable options for the main part
- Dessert

Saturday Dinner (6:30 – 7:15 pm)

- Pasta
- Pasta Sauce, shredded sharp or Swiss cheese, butter
- Chicken schnitzels, ketchup
- Salad Bar
- Tea, Coffee, Juice, Water, sugar, sugar replacement
- Dessert – Ice cream
- Some gluten-free, dairy-free options, and vegetable options for the main part

Sunday Breakfast (8:00-8:45 am)

- Bagels, cream cheese, lox
- Any leftover from previous days' meals
- Hot oatmeal
- Hard boiled eggs
- Fruits/berries
- Yogurts, including a plain yogurt
- Tea, Coffee, Juice, Water, sugar, sugar replacement
- Some gluten-free, dairy-free options, and vegetable options for the main part