

**Adults who are Blind or Visually Impaired | Week of June 9th-14th, 2019 | Decades Week
Gluten-Free (GF) Menu**

Sunday <i>June 9</i>	Monday <i>June 10</i>	Tuesday <i>June 11</i>	Wednesday <i>June 12</i>	Thursday <i>June 13</i>	Friday <i>June 14</i>
Breakfast <i>Orange and apple juice available at breakfast</i>	Scrambled eggs Bacon Shredded hash browns Grapefruit	GF French toast Sausage links Applesauce	GF Pancakes Sausage links Fresh fruit	GF Quiche Lorraine Shredded hash browns Canned fruit	GF Oatmeal bar GF Cold cereal GF Pastries Fresh fruit
Lunch <i>Regular and decaf coffee, 1% milk, and ice water available at all meals</i>	Baked chicken breast Caesar salad GF Cake Salad bar	GF Pasta w/ meat sauce GF Garlic bread Peas Fresh fruit Salad bar	GF Chicken a la king Sautéed mushrooms GF Biscuits GF Fudge cake Salad bar	GF Pasta Alfredo w/ chicken GF Garlic bread Broccoli Fresh fruit Salad bar	
Dinner Hamburger or brat on GF bun Baked beans Potato chips Watermelon Salad bar	Baked ham Mashed potatoes Asparagus Fresh fruit Salad bar	Baked fish Wild rice pilaf California blend veggies Jello Salad bar	GF Swedish meatballs and gravy GF noodles Green beans Fresh fruit Salad bar	GF Hamburger helper Corn GF Dinner rolls Watergate salad Salad bar	

Camper's name: _____

Gluten-Free (GF) Extras Table

The following items are available to campers at each meal, in addition to the menu items being served.

GF Bread – White and whole grain
GF Bagels or GF English muffins
Cream cheese
Butter
Peanut butter*
Jelly – Regular and sugar free
GF Cold cereals – variety of unsweetened cereals
GF Oatmeal (available upon request)
GF Granola
Fresh fruit – Apples, oranges, bananas, and others as available

The following items are available to campers at breakfast only:

GF Cold cereals – variety of sweetened cereals
Hard-cooked eggs
Yogurt

**During nut-free weeks, WOWButter (a soy peanut butter alternative) and nut-free granola will be provided in place of peanut butter and regular granola. WOWButter is also available throughout the summer to campers with peanut allergies.*

Salad Bar

The following items are available in the salad bar each day at lunch and dinner (based on availability).

Fresh vegetables

Lettuce mix with romaine
Baby spinach
Baby and shredded carrots
Bell pepper slices
Broccoli florets
Cauliflower florets
Celery sticks
Cucumber slices
Mushroom slices
Diced onion
Sugar-snap peas
Grape tomatoes

Canned vegetables

Banana peppers
Green olives
Sliced black olives
Dill pickle slices
Bread and butter pickle slices

Dairy and protein

Shredded cheddar cheese
Cottage cheese
Sliced hard-cooked eggs
Diced ham, turkey, or chicken
Hummus and/or chickpeas
Tofu is available upon request

Salad toppings

Bacon bits
Croutons
Sunflower seeds
Raisins

Dressings and dip

Ranch dressing
French dressing
Creamy Italian dressing
Raspberry vinaigrette
Dill dip