

Adults who are Blind or Visually Impaired | Week of June 9th-14th, 2019 | Decades Week Vegetarian 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 Vegetarian links Shredded hash browns Grapefruit (V)	French toast Vegetarian links Applesauce (V)	Pancakes Vegetarian links Fresh fruit (V)	Vegetarian Quiche Lorraine Shredded hash browns Canned fruit (V)	Oatmeal bar (V) Cold cereal Muffins Fresh fruit (V)
Lunch <i>Regular and decaf coffee, 1% milk, and ice water available at all meals</i>	Chick'n strips (V) Salad (V) Croutons Pineapple upside-down cake Salad bar	Pasta (V) Spaghetti sauce w/ beefless ground (V) Garlic bread Peas (V) Fresh fruit (V) Salad bar	Chick'n a la king Sautéed mushrooms (V) Biscuits Mini tunnel of fudge cakes Salad bar	Pasta Alfredo Chik'n strips (V) Breadsticks Broccoli (V) Fresh fruit (V) Salad bar	
Dinner Veggie burgers Baked beans (V) Potato chips (V) Watermelon (V) Salad bar	Stuffed peppers (V) Au gratin potatoes Asparagus (V) Fresh fruit (V) Salad bar	Fishless filets (V) Wild rice pilaf California blend veggies (V) Popsicles Salad bar	Meatless meatballs and gravy (V) Egg noodles Green beans (V) Fresh fruit (V) Salad bar	Beefless ground helper Corn (V) Dinner rolls Watergate salad Salad bar	

Note for vegan campers: Menu items followed with the (V) symbol are also vegan. If you have indicated a vegan diet, the non-vegan items on this menu will be prepared with alternative ingredients or substituted to meet your vegan diet.

Camper's name: _____

Extras Table

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

Bread – White, wheat, and 9-grain
Bagels
Cream cheese
Butter
Peanut butter*
Jelly – Regular and sugar free
Cold cereals – variety of unsweetened cereals
Oatmeal packets – Plain and flavored
Homemade granola*
Fresh fruit – Apples, oranges, bananas, and others as available

The following items are available to campers at breakfast only:

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