

## Children with Intellectual Disabilities or Autism | Week of June 30th-July 5th, 2019 | Camp Explorers Week Vegetarian Menu

Sunday <i>June 30</i>	Monday <i>July 1</i>	Tuesday <i>July 2</i>	Wednesday <i>July 3</i>	Thursday <i>July 4</i>	Friday <i>July 5</i>
<b>Breakfast</b>  <i>Orange and apple juice available at breakfast</i>	Chocolate chip pancakes Vegetarian bacon Fresh fruit (V)	Sasquatch's scrambled eggs Vegetarian links Shredded hash browns Canned fruit (V)	Waffles Vegetarian links Fresh fruit (V)	Camp muffins w/ egg and cheese Hash brown patties (V) Canned fruit (V)	Scrambled eggs w/ cheese Pastries Fresh fruit (V)
<b>Lunch</b>  <i>1% milk and ice water available at all meals</i>	Vegetarian corn dogs Tater tots (V) California blend veggies (V) Dirt and worms  Salad bar	Portabella "Philly steak" sandwiches (V) Potato wedges (V) Corn (V) Fresh fruit (V)  Salad bar	Cheese stuffed shells in marinara sauce Garlic bread Green beans (V) Cake  Salad bar	Grilled cheese sandwiches Tomato soup (V) Crackers (V) Popsicles (V)  Salad bar	
<b>Dinner</b> Pudgy pie cheese pizza sandwiches Marinara dipping sauce (V) Vegetables (V) and dip S'mores bars  Salad bar	Chick'n fajita wraps (V) Spanish rice Refried beans (V) Peppers and onions (V) Fresh fruit (V)  Salad bar	Fishless filets (V) Mac n' cheese Peas and carrots (V) Woodland critter cookies  Salad bar	Chick'n strips (V) Mashed potatoes Vegetarian gravy (V) Broccoli trees (V) Fresh fruit (V)  Salad bar	Veggie burgers Veggie hot dogs (V) Baked beans (V) Foil packet potatoes Vegetables (V) and dip Watermelon (V)	

**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