

Adults who are Deaf or Hard of Hearing | Week of August 19th-23rd, 2019
Gluten-Free (GF) Menu

	Tuesday <i>August 20</i>	Wednesday <i>August 21</i>	Thursday <i>August 22</i>	Friday <i>August 23</i>
Breakfast <i>Orange and apple juice available at breakfast</i>	GF French toast Sausage links Canned fruit	Scrambled eggs Canadian bacon Shredded hash browns Fresh fruit	GF Pancakes Bacon Canned fruit	GF Egg bake w/ ham Hash brown patties Fresh fruit
Lunch <i>Regular and decaf coffee, 1% milk, and ice water available at all meals</i>	Herb baked chicken breasts Mashed potatoes GF Gravy California blend Fresh fruit Salad bar	Baked fish Wild rice blend Asparagus Hollandaise sauce GF Cookies Salad bar	GF Chicken tacos w/ toppings Black beans Corn GF Brownies Salad bar	GF Philly steak sandwich Sautéed peppers and onions French fries Tossed salad GF Cookies
Dinner GF Pasta Marinara sauce GF Garlic bread Green beans Fresh fruit Salad bar	GF Sausage mushroom pizza GF Cheese pizza GF Garlic bread GF Apple crisp Salad bar	Baked potato bar w/ toppings Pulled pork Broccoli Fresh fruit Salad bar	Hamburger or brat on GF bun Baked beans Potato chips Watermelon 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