

Adults who are Deaf or Hard of Hearing | Week of August 19th-23rd, 2019
Vegetarian 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>	French toast Vegetarian links Canned fruit (V)	Scrambled eggs Vegetarian links Shredded hash browns Fresh fruit (V)	Pancakes Vegetarian links Canned fruit (V)	Veggie egg bake Hash brown patties (V) Fresh fruit (V)
Lunch <i>Regular and decaf coffee, 1% milk, and ice water available at all meals</i>	Chick'n strips (V) Mashed potatoes Vegetarian gravy (V) California blend (V) Fresh fruit (V) Salad bar	Fishless filets (V) Wild rice blend Asparagus (V) Hollandaise sauce Lemon bars Salad bar	Black bean and rice tacos (V) w/ toppings Corn (V) Brownies Salad bar	Portabella "Philly steak" sandwich (V) Sautéed peppers and onions (V) French fries (V) Tossed salad (V) Cookies
Dinner Cheese stuffed shells in marinara sauce Garlic bread Green beans (V) Fresh fruit (V) Salad bar	Veggie pizza Cheese pizza Breadsticks Apple crisp Salad bar	Baked potato (V) bar w/ toppings BBQ Beefless ground (V) Broccoli (V) Fresh fruit (V) Salad bar	Veggie burgers Baked beans (V) Potato chips (V) Watermelon (V) 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