

**Adults who are Blind or Visually Impaired | Week of June 5-10, 2022 | Game Show Week**  
**Regular Menu**

<b>Sunday</b> <i>June 5</i>	<b>Monday</b> <i>June 6</i>	<b>Tuesday</b> <i>June 7</i>	<b>Wednesday</b> <i>June 8</i>	<b>Thursday</b> <i>June 9</i>	<b>Friday</b> <i>June 10</i>
<b>Breakfast</b>  <i>Orange and apple juice available at breakfast</i>	Scrambled eggs Bacon Shredded hash browns Grapefruit	French toast Sausage links Applesauce	Pancakes Sausage links Fresh fruit	Quiche Lorraine Shredded hash browns Canned fruit	Oatmeal bar Cold cereal Muffins Fresh fruit
<b>Lunch</b>  <i>Regular and decaf coffee, 1% milk, and ice water available at all meals</i>	Fried chicken Caesar salad Croutons Pineapple upside-down cake  Salad bar	Pasta w/ meat sauce Garlic bread Peas Fresh fruit  Salad bar	Chicken a la king Sautéed mushrooms Biscuits Mini tunnel of fudge cakes  Salad bar	Pasta Alfredo w/ chicken Breadsticks Broccoli Fresh fruit  Salad bar	
<b>Dinner</b> Hamburgers Brats Baked beans Potato chips Watermelon  Salad bar	Baked ham Au gratin potatoes Asparagus Fresh fruit  Salad bar	Baked fish Wild rice pilaf California blend veggies Jello  Salad bar	Swedish meatballs and gravy Egg noodles Green beans Fresh fruit  Salad bar	Hamburger helper Corn Dinner rolls Watergate salad  Salad bar	

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