

Children with Intellectual Disabilities or Autism | *Week of June 19-24, 2022* | Camp Frontier Week Vegetarian Menu

Sunday <i>June 19</i>	Monday <i>June 20</i>	Tuesday <i>June 21</i>	Wednesday <i>June 22</i>	Thursday <i>June 23</i>	Friday <i>June 24</i>
Breakfast <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)
Lunch <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	
Dinner 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