

Young Adults with Intellectual Disabilities or Autism | Week of June 18-22, 2023

Vegetarian Menu

| Sunday <i>June 18</i> | Monday <i>June 19</i> | Tuesday <i>June 20</i> | Wednesday <i>June 21</i> | Thursday <i>June 22</i> |
|---|---|---|---|---|
| Breakfast <i>Orange and apple juice, regular, and decaf coffee available at breakfast</i> | French toast sticks Vegetarian bacon Applesauce | Scrambled eggs Shredded hash brown Vegetarian sausage links Canned peaches | Pancakes (chocolate chips on side) Vegetarian sausage links Canned mandarin oranges | Camp Muffin (egg+cheese) Hash brown patty Canned pears |
| Lunch <i>1% milk, ice water, regular, and decaf coffee available at all meals</i> | Chick'n strips + cheese quesadilla Toppings Spanish rice Corn Fresh cantaloupe Salad bar | Vegetarian corn dogs Waffle fries California veggies Fresh strawberries Salad bar | Portabella " Philly Steak" sandwich On a hoagie Swiss cheese Potato wedges Carrots Fresh grapes Salad bar | Chick'n patty on bun Cheese slices Mash potatoes V-gravy Green beans Cake Salad bar |
| Dinner Grilled cheese pizza sandwich Raw veggies+dip Dirt N Worms Salad bar | Macaroni +cheese Pan fried tofu Peas S'more bar Salad bar | Meatless ground lasagna Garlic bread Broccoli Chocolate chip cookies Salad bar | Nachos w/toppings Beefless ground taco meat Refried beans Cheddar cheese sauce Oreo torte Salad bar | Veggie burger Vegetarian baked beans Chips Watermelon Salad bar |

Camper's name: _____