

## Children who are Blind or Visually Impaired | Week of July 3-8, 2022 | To Infinity and Beyond Week Vegetarian Menu

| Sunday<br>July 3   | Monday<br>July 4  | Tuesday<br>July 5   | Wednesday<br>July 6   | Thursday<br>July 7  | Friday<br>July 8   |
|--|---|---|---|---|--|
| <b>Breakfast</b><br><br><i>Orange and apple juice available at breakfast</i>   | Pancakes<br>Vegetarian bacon<br>Fresh fruit (V)   | Spacely scrambled eggs<br>Vegetarian links<br>Shredded hash browns<br>Canned fruit (V)                    | Futuristic French toast<br>Vegetarian links<br>Fruit spheres (V)  | Egg sandwich w/ cheese<br>Hash brown patties (V)<br>Canned fruit (V)  | Oatmeal (V)<br>Vegetarian links<br>Pastries<br>Fresh fruit (V) |
| <b>Lunch</b><br><br><i>1% milk and ice water available at all meals</i>  | Beefless ground tacos w/ toppings (V)<br>Refried beans (V)<br>Corn (V)<br>Lava cakes<br><br>Salad bar                               | Veggie pizza<br>Cheese pizza<br>Breadsticks<br>Vegetables (V) and dip<br>Fresh fruit (V)<br><br>Salad bar | Bar-B-Q chick'n strips (V)<br>Sweet potato fries (V)<br>Coleslaw<br>Fossil cookies<br><br>Salad bar                           | Astronomical alfredo pasta<br>Chick'n strips (V)<br>Garlic bread<br>Broccoli (V)<br>Brownies<br><br>Salad bar                   |  |
| <b>Dinner</b><br>Galactic grilled cheese sandwiches<br>Tomato soup (V)<br>Crackers (V)<br>Rocket pops (V)<br><br>Salad bar | Cosmic chick'n strips (V)<br>Mashed potatoes<br>Vegetarian gravy (V)<br>Capri blend veggies (V)<br>Fresh fruit (V)<br><br>Salad bar | Stuffed peppers (V)<br>Mac n' cheese<br>Peas and carrots (V)<br>Popsicles (V)<br><br>Salad bar            | Meteoroid meatless meatballs and gravy (V)<br>Egg noodles<br>California blend veggies (V)<br>Fresh fruit (V)<br><br>Salad bar | Veggie burgers<br>Veggie hot dogs (V)<br>Baked beans (V)<br>Potato chips (V)<br>Vegetables (V) and dip<br>Watermelon spikes (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