

## Children who are Deaf or Hard of Hearing | Week of July 24-29, 2022 | Secret Mission Week

### Vegetarian Menu

| Sunday<br>July 24  | Monday<br>July 25   | Tuesday<br>July 26   | Wednesday<br>July 27  | Thursday<br>July 28  | Friday<br>July 29                                       |
|--|---|--|---|--|---|
| <b>Breakfast</b><br><br><i>Orange and apple juice available at breakfast</i>   | Pancakes<br>Vegetarian bacon<br>Fresh fruit (V)   | Scrambled eggs<br>Vegetarian links<br>Shredded hash browns<br>Canned fruit (V)                             | French toast sticks<br>Vegetarian links<br>Fresh fruit (V)  | Camp muffins w/ egg and cheese<br>Hash brown patties (V)<br>Canned fruit (V)   | Scrambled eggs w/ cheese<br>Pastries<br>Fresh fruit (V) |
| <b>Lunch</b><br><br><i>1% milk and ice water available at all meals</i>  | Meatless meatball marinara subs (V)<br>Potato chips (V)<br>Vegetables (V) and dip<br>Beachy blueberry cheesecake<br><br>Salad bar | Beefless ground tacos w/ toppings (V)<br>Refried beans (V)<br>Corn (V)<br>Fresh fruit (V)<br><br>Salad bar | Stuffed shells in marinara sauce<br>Garlic bread<br>Peas (V)<br>Brownies<br><br>Salad bar                     | Crispy tofu bites (V)<br>Mac n' cheese<br>Peas and carrots (V)<br>Sea creature cookies<br><br>Salad bar                  |   |
| <b>Dinner</b><br>Beefless ground sloppy joes (V)<br>Sweet potato fries (V)<br>Cauliflower (V)<br>Cake<br><br>Salad bar | Pasta Alfredo<br>Chick'n strips (V)<br>Breadsticks<br>Broccoli (V)<br>Fresh fruit (V)<br><br>Salad bar                            | Veggie pizza<br>Cheese pizza<br>Green beans (V)<br>Popsicles (V)<br><br>Salad bar                          | Chick patty on a bun<br>Potato smiles (V)<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 (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