

**Adults who are Deaf or Hard of Hearing | Week of August 15-19, 2022 | Game Show Week**  
**Regular Menu**

<b>Monday</b> August 15	<b>Tuesday</b> August 16	<b>Wednesday</b> August 17	<b>Thursday</b> August 18	<b>Friday</b> August 19
<b>Breakfast</b>  <i>Orange and apple juice available at breakfast</i>	French toast Sausage links Canned fruit	Scrambled eggs Canadian bacon Shredded hash browns Fresh fruit	Pancakes Bacon Canned fruit	Egg bake w/ sausage Hash brown patties Fresh fruit
<b>Lunch</b>  <i>Regular and decaf coffee, 1% milk, and ice water available at all meals</i>	Herb baked chicken breasts Mashed potatoes Gravy California blend Fresh fruit  Salad bar	Baked fish Wild rice blend Asparagus Hollandaise sauce Lemon bars  Salad bar	Chicken tacos w/ toppings Black beans Corn Brownies  Salad bar	Philly steak sandwich Sautéed peppers and onions Tater tots Tossed salad Cookies
<b>Dinner</b> Cheese stuffed shells in marinara sauce Garlic bread Green beans Fresh fruit  Salad bar	Sausage mushroom pizza Cheese pizza Breadsticks Apple crisp  Salad bar	Baked potato bar w/ toppings Pulled pork Broccoli Fresh fruit  Salad bar	Hamburgers Brats Baked beans Potato chips Watermelon  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