**Youth with Intellectual Disabilities or Autism | *Week of July 7-11, 2024***

**Vegetarian Menu**

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| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** |
| **Breakfast**  *Orange and apple juice + regular, and decaf coffee available at breakfast* | Mini waffles  Vegetarian sausage patty  Canned mandarin oranges | Cheddar cheese omelet  Roasted breakfast potatoes  Vegetarian sausage links  Canned peaches | Pancakes  Vegetarian sausage links  Applesauce | Camp muffin with  Vegetarian sausage patty  Canned pears |
| **Lunch**  *1% milk, regular, decaf coffee, and ice water available at all meals* | Vegetarian chic’n bowl  Vegetarian chicken, corn, cheese, mashed potatoes, vegetarian gravy  Fresh strawberries  Salad Bar | Lentils with BBQ sauce on a bun  Cole slaw  California veggies  Fresh honeydew  Salad Bar | Nachos  Vegetarian taco meat  Refried beans  Corn  Grapes  Salad Bar | Vegetarian chic’n + rice  Stir fry veggies  Chocolate cup cakes  Salad Bar |
| **Dinner**  Vegetarian pizza casserole  Garlic toast  Raw carrots + celery  With veggie dip  Chocolate chip cookie  Salad Bar | Baked fish  Baked macaroni + cheese  Broccoli  M&M brownie  Salad Bar | Vegetarian meatloaf dinner  Au gratin potatoes  Carrots  Dinner roll  Rice Krispie treat  Salad Bar | Baked Tofu  White rice  Green beans  S’more bar  Salad Bar | Vegetarian hamburger  Vegetarian baked beans  Chips  Watermelon  Salad Bar |

Camper’s name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_