

(Vegetarian) Youth w/IDA Camp week July 5-9 2026

meal	Sunday	Monday	Tuesday	Wednesday	Thursday
Breakfast		Waffles w/fruit topping Plant based sausage	Cheese omelet Bacon Hashbrown shreds Peaches	Pancakes Plant based sausage Mandarin oranges	Scrambled eggs Plant based ham Hashbrown patty Applesauce
Lunch		Plant based beef tacos Spanish rice Corn Churros	BBQ jack fruit w/bun Sweet fries Coleslaw	Grilled cheese sandwich Tomato soup	Plant based chicken w/orange sauce Rice Stir fry veggies
		Salad bar	Salad bar	Salad bar	Salad bar
Dinner	Cheese ravioli w/marinara Garlic bread Green beans Cheesecake	Plant based meatball sub w/cheese Marinara Pasta salad	BYO wrap w/plant based chicken strips Potato salad	Cheese or veggie pizza Veggies w/dip Cookie	Spicy black bean burger w/bun Baked beans Chips Watermelon
	Salad bar	Salad bar	Salad bar	Salad bar	Salad bar
snack					
	Orange Juice, apple juice only available at breakfast, milk, regular coffee, decaf, water available all meals				