

RUACH DAY CAMP SUMMER 2017

LUNCH MENU

June / July

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			29 Deli Heroes Whole wheat hoagies Cole Slaw / Pickles Fresh Fruit	30 Grilled Cheese Corn Hash Browns Watermelon
3 Pizza Caesar Salad Fresh Fruit	4 NO CAMP 4 th of July	5 Mac & Cheese Plain Pasta Roasted Veg. Medley Fresh Fruit	6 Chicken Fingers Rice Pilaf Peas & Carrots Fresh Fruit	7 Veggie Burger French Fries Green Beans Fresh Fruit
10 Pizza Caesar Salad Fresh Fruit	11 BBQ Chicken Roasted Potatoes Fresh Fruit	12 Fish Sticks Tater Tots Zucchini Fresh Fruit	13 Pasta w/ Meat Sauce Cauliflower Fresh Fruit	14 Baked Ziti Roasted Veg. Medley Fresh Fruit
17 Pizza Caesar Salad Fresh Fruit	18 Hamburgers w/ Buns French Fries Cole Slaw / Pickles Fresh Fruit	19 Penne a la Vodka Mixed Vegetables Fresh Fruit	20 Chicken Fingers Mashed Potatoes Fresh Fruit	21 Falafel w/ Pita Israeli Salad Couscous Fresh Fruit
24 Pizza Caesar Salad Watermelon	25 Scrambled Eggs Hash Browns Fresh Fruit	26 Grilled Cheese Corn, Roasted Peppers & Mushrooms Fresh Fruit		

July / August

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			27 Pareve Tacos Spanish Rice Green Beans Fresh Fruit	28 Mac & Cheese Plain Pasta Roasted Veg. Medley Fresh Fruit
31 Pizza Caesar Salad Watermelon	1 NO CAMP Tisha B'Av	2 Potato / Cheese Blintzes Penne with Marinara Green Beans Fresh Fruit	3 Hot Dogs & Bun Relish / Cole Slaw Roasted Sweet Potato Wedges Fresh Fruit	4 Baked Ziti Roasted Squash Fresh Fruit
7 Pizza Caesar Salad Fresh Fruit	8 Beef Tacos Spanish Rice Fresh Fruit	9 Cheese Quesadillas Rice Beans Fresh Fruit	10 Shwarma w/ Pita Couscous Roasted Eggplant Fresh Fruit	11 Fish Sticks Potato Knishes Roasted Zucchini Fresh Fruit
14 Pizza Caesar Salad Fresh Fruit	15 Hamburgers w/ Buns Tater Tots Tomato / Pickles Fresh Fruit	16 Falafel w/ Pita Israeli Salad Couscous Fresh Fruit	17 Schnitzel Mushroom Barley Fresh Fruit	18 Bagels Tuna / Cream Cheese Butter / Sliced Cheese Fresh Fruit
21 Gala Banquet (meat meal)	22 Pizza Caesar Salad Watermelon			

Salad Bar available daily may include: lettuce, tomato, carrots, pickles, beans, mushrooms, baby corn, cucumbers, olives, beets, peppers, mandarin oranges, tuna, hard boiled eggs and assorted regular & low fat dressings. Fresh fruit daily may include: apples, oranges, pears, plums, peaches or fresh fruit salad.

Available Upon Request: Plain pasta, whole wheat bread, mini bagels, jelly, margarine, & soy nut butter on meat meal days, cream cheese & butter on dairy days.



Low fat milk and snack are served in the morning.

Ices are served as afternoon snack on meat days; ice cream is served as afternoon snack on dairy days.