

RUACH DAY CAMP SUMMER 2018

LUNCH MENU

June / July

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			28 Deli Heroes Whole wheat hoagies Cole Slaw / Pickles Fresh Fruit	29 Fish Sticks Potato Knishes Fresh Fruit
2 Pizza Caesar Salad Watermelon	3 Hamburgers w/ Buns French Fries Macaroni Salad Fresh Fruit	4 NO CAMP 4 th of July	5 Chicken Fingers Potato Knishes Fresh Fruit	6 Bagels Tuna / Cream Cheese Butter / Jelly Fresh Fruit
9 Pizza Caesar Salad Fresh Fruit	10 BBQ Chicken Toasted Egg Barley Fresh Fruit	11 Cheese Quesadillas Rice / Beans Fresh Fruit	12 Meatballs Pasta Fresh Fruit	13 Pancakes & Syrup / Scrambled Eggs Garden Salad Fresh Fruit
16 Pizza Caesar Salad Fresh Fruit	17 Veggie Nuggets Toasted Egg Barley Fresh Fruit	18 Baked Ziti Mixed Vegetables Fresh Fruit	19 Parve Tacos Spanish Rice Fresh Fruit	20 Falafel w/ Pita Israeli Salad Homemade Humus Fresh Fruit
23 Pizza Caesar Salad Watermelon	24 Deli Heroes Whole wheat hoagies Cole Slaw / Pickles Fresh Fruit	25 Scrambled Eggs / Pancakes Garden Salad Fresh Fruit		

July / August

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			26 Grilled Cheese Roasted Peppers & Mushrooms Fresh Fruit	27 Mac & Cheese Roasted Veg. Medley Fresh Fruit
30 Pizza Caesar Salad Watermelon	31 Chicken Fingers Rice Pilaf Fresh Fruit	1 Fish Sticks Tater Tots Fresh Fruit	2 Hot Dogs & Bun Relish / Cole Slaw Roasted Sweet Potato Wedges Fresh Fruit	3 Baked Ziti Roasted Squash Fresh Fruit
6 Pizza Caesar Salad Fresh Fruit	7 Deli Heroes Whole wheat hoagies Cole Slaw / Pickles Fresh Fruit	8 Falafel w/ Pita Israeli Salad Homemade Humus Fresh Fruit	9 Shwarma w/ Pita Homemade Humus Couscous Fresh Fruit	10 Fish Sticks Roasted Zucchini Fresh Fruit
13 Pizza Caesar Salad Fresh Fruit	14 Hamburgers w/ Buns Tater Tots Tomato / Pickles Fresh Fruit	15 Cheese Quesadillas Rice / Beans Fresh Fruit	16 Schnitzel Roasted Root Vegetables Fresh Fruit	17 Grilled Cheese Roasted Cauliflower Fresh Fruit
20 Gala Banquet (meat meal)				

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.