

Camp Ruach

June / July 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			29 Deli Heroes Whole Wheat Hoagies Cole Slaw Pickles Fresh Fruit	30 Bagels Tuna salad Cream Cheese Sliced Cheese Fresh Fruit
July 3 Pizza Caesar Salad Fresh Fruit	4 NO SESSIONS	5 Macaroni and Cheese Plain Pasta Roasted Mixed Vegetables Fresh Fruit	6 Chicken Fingers Peas and Carrots Fresh Fruit	7 Potato and Cheese Blintzes Penne with Marinara Green Beans Fresh Fruit
10 Pizza Build your own salad Fresh Fruit	11 BBQ Chicken Roasted Potatoes Fresh Fruit	12 Fish Sticks Corn Fresh Fruit	13 Pasta with Meat Sauce Cauliflower Fresh Fruit	14 Waffles Maple Syrup Hash Browns Garden Salad Fresh Fruit
17 Pizza Caesar Salad Fresh Fruit	18 Deli Heroes Whole Wheat Hoagies Cole Slaw Pickles Fresh Fruit	19 Penne ala Vodka Mixed Vegetables Yogurt Fresh Fruit	20 Chicken Fingers Mashed Potatoes Fresh Fruit	21 Bagels Tuna salad Cream Cheese Sliced Cheese Fresh Fruit
24 Pizza Caesar Salad Watermelon	25 Baked Ziti Hash Browns Garden Salad Fresh Fruit	26 Grilled Cheese Corn Fresh Fruit	27 Fish Sticks Rice Green Beans Fresh Fruit Fresh Fruit	28 Macaroni and Cheese Plain Pasta Roasted Mixed Vegetables Fresh Fruit
31 Pizza Caesar Salad Watermelon				

Morning snacks

Cereal and Milk

Afternoon snacks

Cereal, Crackers, Cookies

Salad Bar

Cut Veggies

May include

Cucumbers, peppers, baby corn, pickles, kernel corn, lettuce, and assorted dressing

AVAILABLE UPON REQUEST

PLAIN PASTA

BREAD: SLICED WHOLE WHEAT SERVED DAILY

JELLY, MARGARINE AND SOYNUIT BUTTER ON MEAT MEAL DAYS ONLY

CREAM CHEESE AND BUTTER ON DAIRY DAYS ONLY

DAILY FRUIT MAY INCLUDE: APPLES, ORANGES, PEARS, PLUMS, NECTARINES, AND PEACHES, FRESH FRUIT SALAD

ALL FOOD PROVIDED BY FIVE STAR CATERERS

Camp Ruach

August 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 NO SESSIONS TISHA B'AV	2 Potato and Cheese Blintzes Penne with Marinara Green Beans Fresh Fruit	3 Hamburgers Fresh Buns Relish Cole Slaw French Fries Fresh Fruit	4 Baked Ziti Roasted Squash Fresh Fruit
7 Pancaakes Tater tots Strawberry yogurt Fresh fruit	8 Meatballs Pasta Fresh Fruit	9 Falafel Fresh Pita Israeli Salad Homemade Humus Couscous Fresh Fruit	10 Chicken Nuggets Cous Cous Fresh Fruit	11 Fish Sticks Potato Knishes Roasted Zucchini Fresh Fruit
14 Pizza Caesar Salad Fresh Fruit	15 Hamburgers Fresh Buns Tater Tots Tomato Pickles Fresh Fruit	16 Cheese Quesadillas Rice Beans Fresh Fruit	17 Schnitzel Mushroom Barley Peas and Carrots Fresh Fruit	18 Bagels Tuna salad Cream Cheese Sliced Cheese Fresh Fruit
21 Banquet	22 Baked Ziti Roasted Squash Fresh Fruit			

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Salad Bar

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