## EATING WELL

# Camp Takodah Menu Summer Camp 2021

#### **Special Diets & Allergies**

We maintain a nut-free environment. We serve vegetarian, gluten-free, dairy-free, and vegan options at every meal. In addition, every meal includes an extensive breakfast bar or salad/soup/sandwich bar.

In order to attend summer camp, children must be able to maintain proper nutrition and hydration from the options provided. We are unable to accommodate special requests or additional food supplements from home. Please contact us if you're unsure whether your child will have trouble with the options provided.

#### **Nutritious & Delicious**

Whole wheat products are served whenever possible and palatable. Soy Milk and Lactaid are always available upon request. All produce is fresh and sourced locally whenever possible.

#### **Breakfast Bar**

Includes 3 Cereal Varieties, Hot Oatmeal with Toppings, Scrambled Eggs, Yogurt, Granola, Fruit Salad, Bagels, English Muffins, Sunbutter, Jelly, Cream Cheese, Butter, Juice, Water, and Milk

#### **Lunch & Dinner Salad Bar**

Includes Spring Mix/Baby Spinach, Cucumbers, Tomatoes, Bell Peppers, Olives, Onions, Carrots, Beets, Hard Boiled Eggs, Shredded Cheese, Cottage Cheese, Legumes or Bean Salad, Chicken or Tuna, Quinoa or Whole Grain Salad, 4 Salad Dressings, and Cereal upon Request

#### **Lunch & Dinner Sandwich Bar**

Includes Kaiser Rolls, Sub Rolls, Whole Grain Bread, White Bread, GF Bread, Sliced Turkey, Ham, Roast Beef, American Cheese, Sliced Cheddar, Swiss, Pepperjack, Greenleaf Lettuce, Tomato, Red Onion, Banana Peppers, Cucumbers, Carrots, Pickles, Mayo, Mustard, Whole Grain Mustard, Hummus Varieties, Sun Butter, and Jelly

#### **Lunch & Dinner Soup Station**

Includes Daily Soup Offering(s), Whole Grain Breads, and Crackers

#### Snacks

Snacks are served mid-morning and before bed every day. Fresh Fruit and Graham Crackers are available 24/7.









## **CAMP TAKODAH MENU – WEEK 1**

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	<u>Changeover</u> Chef's Choice	Breakfast Bar French Toast Sticks Syrup Bacon	Breakfast Bar Coffee Cake Sausage	Breakfast Bar Biscuits & Gravy Home Fries Scrambled Eggs	Breakfast Bar Pancakes Syrup Bacon	Breakfast Bar Frittata Hash Browns Sausage	Breakfast Bar Waffle Sticks Syrup Bacon
Snack	N/A	Granola Bars	Goldfish Crackers	Chex Mix	Pretzels	Cheez-its	Fruit Snacks
Lunch	<u>Changeover</u> Chef's Choice	Soup, Salad, Sandwich, Cereal Bars Chicken Patties Buns & Fixings Potato Chips	Soup, Salad, Sandwich, Cereal Bars Beef Soft Tacos Fixings Spanish Rice	Soup, Salad, Sandwich, Cereal Bars Steak/Cheese Subs Peppers & Onions Fritos	Soup, Salad, Sandwich, Cereal Bars Chicken Tenders BBQ Sauce Pasta Salad	Soup, Salad, Sandwich, Cereal Bars Turkey Bacon Melt Honey Mustard Dressing Potato Chips	Soup, Salad, Sandwich, Cereal Bars Lazy Lasagna Broccoli Tops Ranch Dip Parmesan Rolls
Dinner	Soup, Salad, Sandwich, Cereal Bars  Cheese Ravioli Marinara Sauce Roasted Broccoli Cheese Sauce Breadsticks Brownies	Soup, Salad, Sandwich, Cereal Bars  BBQ Turkey Tips Seasoned Rice Corn on the Cob Cornbread Apple Pie	Soup, Salad, Sandwich, Cereal Bars  Spaghetti Meatballs/Sausage Primavera Vegetables Fresh Bread Cheesecake	Soup, Salad, Sandwich, Cereal Bars  Roast Pork Sage Stuffing Roasted Potatoes Maple Glazed Carrots Blueberry Pie	Soup, Salad, Sandwich, Cereal Bars Cheddar Meatloaf Gravy Baked Potatoes Corn Boston Cream Pie	Soup, Salad, Sandwich, Cereal Bars  Sweet & Sour Chicken Fried Rice Stir Fry Vegetables Egg Rolls Pineapple Upside Down Cake	Cookout  Hotdogs Hamburgers Buns & Fixings Potato Salad Baked Beans Watermelon Cookies
Snack	Pretzels	Cheez-its	Fruit Snacks	Granola Bars	Goldfish Crackers	Chex Mix	Smart Food
24/7	Fresh Fruit Graham Crackers	Fresh Fruit Graham Crackers	Fresh Fruit Graham Crackers	Fresh Fruit Graham Crackers	Fresh Fruit Graham Crackers	Fresh Fruit Graham Crackers	Fresh Fruit Graham Crackers

## **CAMP TAKODAH MENU – WEEK 2**

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Breakfast in Bed Breakfast Sandwich English Muffins Egg Rounds Cheese Donuts Assorted Fruit Milk & Juice	Breakfast Bar Cinnamon Rolls Bacon	Breakfast Bar Breakfast Pizza Home Fries	Breakfast Bar Stuffed Hash Browns Bacon	Breakfast Bar Grilled Ham Hash Browns Scrambled Eggs	Breakfast Bar Cinnamon Apple Strata Sausage	<u>Changeover</u> Chef's Choice
Snack	Granola Bars	Goldfish Crackers	Chex Mix	Pretzels	Cheez-its	Fruit Snacks	N/A
Lunch	Soup, Salad, Sandwich, Cereal Bars Chicken Nuggets BBQ Sauce Veggie Sticks	Soup, Salad, Sandwich, Cereal Bars Meatball Subs Italian Pasta Salad	Soup, Salad, Sandwich, Cereal Bars Chicken Soft Tacos Fixings Red Beans & Rice	Soup, Salad, Sandwich, Cereal Bars Hotdogs Buns & Fixings Macaroni & Cheese	Soup, Salad, Sandwich, Cereal Bars Hamburgers Buns & Fixings Potato Chips	Soup, Salad, Sandwich, Cereal Bars Grilled Cheese Sandwiches Tomato Soup Tater Tots Homemade Pickles	<u>Changeover</u> Chef's Choice
Dinner	Soup, Salad, Sandwich, Cereal Bars  Pesto Tortellini Roasted Cauliflower Cheese Sauce Parmesan Rolls Ice Cream Cups	Soup, Salad, Sandwich, Cereal Bars  BBQ Ribs Pulled Pork Cole Slaw Sweet Potato Wedges Honey Cornbread Chocolate Cake	Soup, Salad, Sandwich, Cereal Bars Chicken Parmesan Penne Pasta Summer Squash Sauté Rocket Popsicles	Soup, Salad, Sandwich, Cereal Bars Roasted Turkey Mashed Potatoes Stuffing Green Beans Apple Crisp	Soup, Salad, Sandwich, Cereal Bars  Chicken Enchilada Casserole Spanish Rice Mexican Street Corn Churros	Soup, Salad, Sandwich, Cereal Bars Assorted Pizzas Chips Sports Bar	<u>Changeover</u> Chef's Choice
Snack	Pretzels	Cheez-its	Fruit Snacks	Granola Bars	Goldfish Crackers	Chex Mix	N/A
24/7	Fresh Fruit Graham Crackers	Fresh Fruit Graham Crackers	Fresh Fruit Graham Crackers	Fresh Fruit Graham Crackers	Fresh Fruit Graham Crackers	Fresh Fruit Graham Crackers	Fresh Fruit Graham Crackers

## **CAMP TAKODAH MENU – WEEK 1 (SPECIAL DIETS)**

Please note: All of the menu items under each category are prepared accordingly. So, for example, if "Sausage" is listed under Vegan, you can assume that it's vegan sausage. Each meal will also feature Breakfast, Cereal, Sandwich, Salad, and/or Soup Bars with additional options. Soy Milk and Lactaid are always available.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	<u>Changeover</u> Chef's Choice	Gluten/Dairy Free French Toast Sticks Syrup Bacon  Veqan French Toast Sticks Syrup Vegan Bacon	Gluten/Dairy Free Coffee Cake Sausage  Veqan Coffee Cake Vegan Sausage	Gluten Free Biscuits & Gravy Home Fries Scrambled Eggs  Dairy Free/Vegan Biscuits & Gravy Home Fries Scrambled Tofu	Gluten Free Pancakes Syrup Bacon  Dairy Free/Vegan Pancakes Syrup Vegan Bacon	Gluten/Dairy Free Frittata Hash Browns Sausage  Veqan Scrambled Tofu Hash Browns Vegan Sausage	Gluten/Dairy Free Waffles Syrup Bacon  Vegan Waffles Syrup Vegan Bacon
Lunch	<u>Changeover</u> Chef's Choice	Gluten/Dairy Free Grilled Chicken Buns & Fixings Potato Chips  Veqan Chic'n Patty Buns & Fixings Potato Chips	Gluten/Dairy Free Beef Soft Tacos Fixings Spanish Rice  Vegan Seasoned Soy Crumble Tacos Fixings Spanish Rice	Gluten/Dairy Free Steak Subs Fixings Peppers & Onions Potato Chips  Vegan Veggie Burgers Buns & Fixings Peppers & Onions Potato Chips	Gluten Free Turkey Bacon Panini Fritos  Dairy Free Turkey Club Fritos  Vegan Grilled Vegetable Panini Fritos	Gluten/Dairy Free Chicken Tenders Pasta Salad <u>Veqan</u> Chic'n Tenders Pasta Salad	Gluten/Dairy Free Calzones Broccoli Tops Dip  Veqan Calzones Broccoli Tops Dip
Dinner	Gluten/Dairy Free/Veqan Pasta Chickpeas in Red Sauce Roasted Broccoli Garlic Bread Brownies	Gluten/Dairy Free Turkey Tips Rice Cornbread Corn on the Cob Apple Crisp  Vegan Grilled BBQ Tofu Rice Cornbread Corn on the Cob Apple Crisp	Gluten Free Pasta Meatballs/Sausage Primavera Vegetables Cheesecake  Dairy Free/Vegan Spaghetti Sausage Primavera Vegetables Cheesecake	Gluten/Dairy Free Roast Pork Roasted Potatoes Maple Glazed Carrots Blueberry Crisp  Vegan Cauliflower Steak Roasted Potatoes Maple Glazed Carrots Blueberry Crisp	Gluten/Dairy Free Meatloaf Baked Potatoes Corn Chocolate Cream Pie  Vegan "Meatloaf" Baked Potatoes Corn Chocolate Cream	Gluten/Dairy Free Sweet & Sour Chicken Fried Rice Stir Fry Veggies Cake  Vegan Sweet & Sour Tofu Veggie Spring Roll Fried Rice Stir Fry Veggies Cake	Cookout  Gluten/Dairy Free/Vegan Burgers & Dogs Buns & Fixings Potato Salad Baked Beans Watermelon Cookies
Snacks		There will be snacks	at mid-morning and b	edtime, as well as fresh	fruit and graham cracl	kers available 24/7.	1

## **CAMP TAKODAH MENU – WEEK 2 (SPECIAL DIETS)**

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Gluten Free English Muffin Sandwich Breakfast Potatoes  Dairy Free/Vegan Bagel Sandwich Breakfast Potatoes	Gluten/Dairy Free Cinnamon Rolls Bacon  Veqan Cinnamon Rolls Scrambled Tofu	Gluten/Dairy Free/Veqan Breakfast Pizza Home Fries	Gluten/Dairy Free Stuffed Hash Browns Bacon  Veqan Stuffed Hash Browns Vegan Bacon	Gluten/Dairy Free Scrambled Eggs Grilled Ham Hash Browns  Veqan Scrambled Tofu with Veggies Hash Browns	Gluten/Dairy Free Strata Sausage  Vegan French Toast Sticks Syrup Vegan Sausage	<u>Changeover</u> Chef's Choice
Lunch	Gluten/Dairy <u>Free/Veqan</u> Chicken Nuggets Veggie Sticks	Gluten Free Meatball Sandwich Italian Pasta Salad Dairy Free/Vegan "Meatball" Subs Italian Pasta Salad	Gluten/Dairy Free Chicken Soft Tacos Fixings Spanish Rice  Veqan Black Bean Tacos Fixings Spanish Rice	Gluten Free Hot Dogs Macaroni & Cheese  Dairy Free/Vegan Veggie Dogs Mac & Cheese	Gluten/Dairy Free Hamburgers Buns & Fixings Potato Chips  Vegan Veggie Burgers Buns & Fixings Potato Chips	Gluten/Dairy Free/Veqan Grilled Cheese Sandwiches Tomato Soup Tater Tots Homemade Pickles	<u>Chanqeover</u> Chef's Choice
Dinner	Gluten Free Penne with Pesto Roasted Broccoli with Cheese Sauce Garlic Bread Ice Cream Cups  Dairy Free/Vegan Penne with Vegan Pesto & Cannellini Roasted Broccoli Garlic Bread Sorbet	Gluten/Dairy Free Ribs & Pulled Pork Cole Slaw Sweet Potato Wedges Honey Cornbread Cake  Vegan Oven Fried Cauliflower Fritter Cole Slaw Sweet Potato Wedges Honey Cornbread	Gluten/Dairy Free Chicken Parmesan Pasta Summer Squash Sauté Rocket Pops  Vegan Eggplant Parmesan Pasta Summer Squash Sauté Rocket Pops	Gluten/Dairy Free Roasted Turkey Mashed Potatoes Stuffing Green Beans Apple Crisp  Vegan Roasted Tofurkey Mashed Potatoes Stuffing Green Beans Apple Crisp	Gluten/Dairy Free Chicken Enchilada Casserole Spanish Rice Mexican Street Corn Churros  Vegan Black Bean Enchilada Casserole Spanish Rice Mexican Street Corn Churros	Gluten/Dairy Free/Vegan Assorted Pizzas Chips Cookies	<u>Chanqeover</u> Chef's Choice
Snacks	There will be snacks at mid-morning and bedtime, as well as fresh fruit and graham crackers available 24/7.						