

Menu **EXAMPLE** for: Camp Keshet Dates: **Sept 1 – Sept 4, 2017**

	Friday Sept. 2	Sat Sept. 3	Sun Sept. 4	Mon Sept. 5
Breakfast		<p>Belgium waffles Strawberries Whipped cream Syrup (warm) Butter Scrambled eggs Fresh fruit basket Orange juice Milk Cereal cart w/ 3-4 cereals, yogurt &amp; bananas Oatmeal w/raisins, brown sugar, etc.</p> <p>Gluten free waffles Vegan option</p>	<p>Crustless quiche broccoli w/cheese and onions Apple coffee cake Fresh fruit basket Apple juice Milk Cereal cart w/ 3-4 cereals, yogurt &amp; bananas Oatmeal w/raisins, brown sugar, etc.</p> <p>Gluten free/vegan option</p>	<p>French toast Butter Syrup Scrambled eggs Fresh fruit basket Orange Juice Milk Cereal cart w/ 3-4 cereals, yogurt &amp; bananas Oatmeal w/raisins, brown sugar, etc.</p> <p>Gluten free French toast Veg option</p>
Lunch		<p>Grilled cheese sandwiches Tomato soup Crackers Salad bar (2 stations) with extra protein options (canned tuna, cottage cheese, hard boiled eggs, beans, etc.) Fruit Milk Water Brownies</p> <p>Options: Some sand. made w/gf bread Some sand. made dairy free Small fruit bowl</p>	<p>Vegetarian chili with fixings (shredded cheddar, onions, sour cream) Baked potatoes (with butter, sour cream, chives, shredded cheese) Corn muffins w/ butter cart Tortilla chips Salad bar (2 stations) with extra protein options (canned tuna, cottage cheese, hard boiled eggs, beans, etc.) Milk Water Creamsicles/Pudding pops</p> <p>Options: DF frozen dessert (soy ice cream bars) Small fruit bowl</p>	<p>BBQ LUNCH Kosher hot dogs (All Beef) w/buns Beef burgers, w/buns (please keep burgers and hot dogs hot until served) w/fixings(lettuce, tomato, onions, mustard, ketchup, relish, mayo) Cole slaw (non dairy) Potato chips Baked beans (vegetarian) Mini corn on cob Watermelon Strawberry lemonade &amp; water COOKIES (NO NUTS)</p> <p>Options: Veggie dogs, garden burgers with gluten free/dairy free bun options</p>

<p>Dinner</p>	<p><u>Shabbat Dinner</u>  Baked salmon  Mashed potatoes  Steamed broccoli  Salad bar (2 stations)  Challah  Milk  Water  Grape juice</p> <p>Options: Vegan option, Gf</p> <p><u>Later in evening</u>  Ice cream sundae bar/3 stations</p> <p>Option: dairy free ice cream or dairy free ice cream sandwiches</p>	<p>Ziti or penne pasta (without sauce), toss lightly in olive oil  Marinara (served separately)  Meatballs (dairy free)  Garlic bread w/ Smart Balance  Non-Dairy Spread  Salad bar (2 stations – dairy free) with extra protein options (canned tuna, hard boiled eggs, beans, etc.)  Water  Warm berry cobbler (non-dairy)</p> <p>Options: Wf, GF pasta/option TVP*</p> <p>*Textured Vegetable Protein meatballs</p>	<p>Baked chicken  Rice Pilaf  Oven roasted veggies (peppers, onions, carrots, broccoli, zucchini, etc.  Salad bar(2 stations – dairy free)  Water  Warm apple crisp (non-dairy)</p> <p>Options: No chicken, WF, Vegetarian &amp; vegan options</p>	
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