

Daily Lunch MENU

SUMMER CAMP

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Weeks One & Five



MONDAY

- Grilled chicken breast
- Braised beef strips
- Yellow rice
- Seasoned black beans
- Green bean almondine



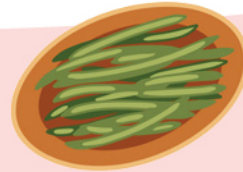
TUESDAY

- Baked lemon herb cod
- Beef meatballs with marinara sauce
- Spaghetti noodles
- Steamed rice
- Squash medley



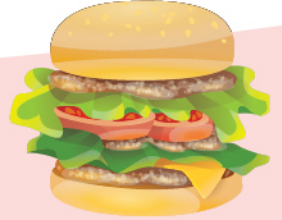
WEDNESDAY

- Fried chicken sandwich
- Grilled pork loin
- Steamed rice
- Fried potato sticks
- Steamed broccoli



THURSDAY

- Cilantro lime chicken thigh
- Beef barbacoa
- Roasted potatoes
- Steamed rice
- Roasted green beans



FRIDAY

- Grilled hamburger
- Baked chicken drumstick
- Steamed rice
- French fries
- Steamed broccoli

Weeks Two and Six



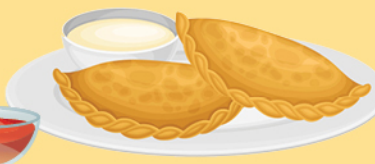
MONDAY

- Beef hot dog
- Grilled chicken
- French fries
- Steamed rice
- Green beans



TUESDAY

- Chicken nuggets
- Bok Choy tofu stir fry
- Roasted potatoes
- Steamed Basmati rice
- Pea and carrots



WEDNESDAY

- Beef empanada
- Mojito pulled pork
- Macaroni & cheese
- Steamed rice
- Steamed broccoli



THURSDAY

- Baked chicken
- Hamburger
- Ranch chips
- Steamed rice
- Steamed cauliflower



FRIDAY

- Lemon herb chicken
- Baked haddock
- Buttered pasta
- Steamed Basmati rice
- Steamed green beans

Weeks Three and Seven



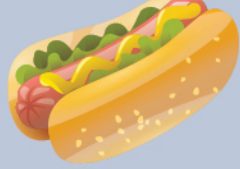
MONDAY

- Chicken drumstick
- Baked ziti
- Steamed Basmati rice
- Steamed green beans



TUESDAY

- Chicken tenders
- Cai Fan
- Steamed rice
- Buttered peas



WEDNESDAY

- Beef hot dog
- BBQ pork sandwich
- Ruffles potato chips
- Steamed green beans



THURSDAY

- Beef barbacoa
- Shanghai chicken
- Steamed rice
- Roasted bok choy



FRIDAY

- Baked chicken
- Hamburger
- French fries
- Chef's vegetables

Weeks Four and Eight



MONDAY

- Beef tacos
- Baked manicotti
- Garlic bread stick
- Yellow rice
- Chef's vegetables



TUESDAY

- Baked chicken
- Broiled cod
- Buttered pasta
- Steamed rice
- Chef's vegetables



WEDNESDAY

- Grilled chicken
- Spaghetti with meatballs
- Garlic bread stick
- Steamed rice
- Broccoli



THURSDAY

- Brazilian beef stew
- Pulled pork
- Rice
- Macaroni and cheese
- Peas and carrots



FRIDAY

- Chicken nuggets
- Beef strips
- Ranch chips
- Steamed rice
- Steamed green beans