



## CAMP KLURMAN 2017 LUNCH MENU



	<b>Monday 6/12</b>	<b>Tuesday 6/13</b>	<b>Wednesday 6/14</b>	<b>Thursday 6/15</b>	<b>Friday 6/16</b>
Pre-Camp	Sweet & Sour Meatballs	Pizza Bagel	Herb Pepper Chicken	Mac & Cheese	Cheese Pizza
	Brown Rice	Tater Tots	Israeli Couscous	Steamed Broccoli	Penne Pasta w/ veggies
	Peas	Mixed Veggies	Corn Niblets	Whole Wheat roll	
WEEK 1	<b>Monday 6/19</b>	<b>Tuesday 6/20</b>	<b>Wednesday 6/21</b>	<b>Thursday 6/22</b>	<b>Friday 6/23</b>
	Chicken Teriyaki	Spagetti & Meatballs	Cheese Quesadillas	Arroz Con Pollo	Baked Ziti
	Mashed Potatoes	Garlic Bread	Beans	Sweet Plantain	Garlic Bread
WEEK 2	Squash	Green Beans	Guacamole & Chips	Carrots	Steamed Broccoli
	<b>Monday 6/26</b>	<b>Tuesday 6/27</b>	<b>Wednesday 6/28</b>	<b>Thursday 6/29</b>	<b>Friday 6/30</b>
	Chicken Fried Rice	Sweet&Sour Meatballs	Spiral Pasta Alfredo	Chicken Nuggets	Pizza Bagels
	Egg Rolls	White Rice	Corn Niblets	Sweet Potato Fries	Tator Tots
WEEK 3	Fortune Cookies	Peas	Whole Wheat Roll	Snap Peas	Mixed Veggies
	<b>Monday 7/3</b>	<b>Tuesday 7/4</b>	<b>Wednesday 7/5</b>	<b>Thursday 7/6</b>	<b>Friday 7/7</b>
	BBQ/Burgers/Hotdogs	NO CAMP	Pasta & Meat sauce	Grilled Cheese	Hot Dogs
	Corn on the Cob	HAPPY 4TH OF JULY	Steamed Broccoli	Veggie Chips	French Fries
WEEK 4	Curly Fries		Whole Wheat Roll	Lima Beans	Quinoa Beans Salad
	<b>Monday 7/10</b>	<b>Tuesday 7/11</b>	<b>Wednesday 7/12</b>	<b>Thursday 7/13</b>	<b>Friday 7/14</b>
	Beef Taco Bar	Chicken Tenders	Mac & Cheese	Chicken Fried Rice	Cheese Pizza
	Beans	French Fries	Garlic Bread	Mini Egg Roll	Penne Pasta w/ veggies
WEEK 5	Guacamole & Chips	Quinoa Beans Salad	Yellow Squash	Fortune Cookie	Soy Nuggets
	<b>Monday 7/17</b>	<b>Tuesday 7/18</b>	<b>Wednesday 7/19</b>	<b>Thursday 7/20</b>	<b>Friday 7/21</b>
	Spiral Pasta alfredo	Ground Beef	Meatballs Marinara	Baked Ziti	Arroz Con Pollo
	Corn Niblets	White Rice	White Rice	Garlic Bread	Sweet Plantain
WEEK 6	Wheat wheat roll	Edamame	Steamed Zucchini	Peas & Carrots	Green Beans
	<b>Monday 7/24</b>	<b>Tuesday 7/25</b>	<b>Wednesday 7/26</b>	<b>Thursday 7/27</b>	<b>Friday 7/28</b>
	Scrambled Eggs	Grilled Cheese	Ravioli	Pizza	Mac & Cheese
	French Toast Sticks	Baked Fries	Cesar salad	Penne Pasta W/Veggies	Garlic Bread
WEEK 7	Bagel & Cream Cheese	Steamed Green Beans	Soy Nuggets	Grilled Veggies	Yellow Squash
	<b>Monday 7/31</b>	<b>Tuesday 8/1</b>	<b>Wednesday 8/2</b>	<b>Thursday 8/3</b>	<b>Friday 8/4</b>
	Cheese Lasagna	Pizza Bagel	Cheese Quesadillas	Chicken Teriyaki	Falafel/Pita
	Garlic Bread	Tater Tots	Black Beans	Roasted Potatoes	Israeli Salad
WEEK 8	Peas	Mixed Veggies	Guacamole & Chips	Lima Beans	Kibi/Cigars
	<b>Monday 8/7</b>	<b>Tuesday 8/8</b>	<b>Wednesday 8/9</b>	<b>Thursday 8/10</b>	<b>Friday 8/11</b>
	Sweet&Sour Meatballs	Chicken Fried Rice	Falafel/Chicken Schnitzel on Pit	Grilled Cheese Sandwich	Hamburges
	White Rice	Egg Rolls	Hummus & Pita	Sweet Potato Fries	Corn on the Cob
Post-Camp	Steamed Broccoli	Fortune Cookies	Israeli Salad	Squash	Cole Slaw & Chips
	<b>Monday 8/14</b>	<b>Tuesday 8/15</b>	<b>Wednesday 8/16</b>	<b>Thursday 8/17</b>	<b>Friday 8/18</b>
	Cheese Quesadillas	Spaghetti & Meatballs	Beef-Roni	Hot Dogs	Cheese Pizza
	Black Beans	Garlic Bread	Garlic Bread	Chips & Cole slaw	Penne Pasta w/ veggies
	Guacamole & Chips	Steamed Green Beans	Green Beans	Baked Veggie Beans	

\*The following items are served daily: Full Salad Bar including lettuce, cucumbers, tomatoes, chickpeas, corn, celery, baby carrots, and other seasonal vegetables, hard boiled eggs and tuna. Plain whole wheat pasta; marinara sauce; jelly sandwiches; fresh fruit; cookies/cake/ice cream Gluten free options available every day. and other for dessert; ice water. *Menu subject to change without notice.*