

CAMP TAKODAH

Menu 2017

Breakfasts

Hot entrees served family style (see daily menus)

Breakfast bar:

- Cold cereal (three options)
- Oatmeal (with brown sugar and raisins)
- Yogurt (two options)
- Granola or muffin squares
- Bagels or English muffins (with sun butter, jelly, and cream cheese)
- Fresh fruit

Beverages

- Apple juice
- Orange juice
- Milk
- Water

Lunches

Hot entrees served family style (see daily menus)

Salad bar (see below)

Soup bar (two options)

Beverages

- Fruit punch
- Milk
- Water

Dinners

Hot entrees served family style (see daily menus)

Salad bar (see below)

Soup bar (two options)

Beverages

- Fruit punch
- Milk
- Water

Special Dietary Needs

- At least one soup option at each meal is vegetarian
- Whole wheat products are served whenever possible
- Fresh Fruit is available 24/7
- Soy Milk and Lactaid are always available upon request
- Gluten-free products (e.g. pasta and bread) are always available for gluten-free specified campers
- All produce is sourced locally whenever possible

Salad Bars

Lunch and dinner salad bars will include a minimum of the following:

- Lettuce Mixture
- Tomatoes
- Carrots
- Cucumbers
- Onions
- Zucchini or Summer Squash
- Green or Red Peppers
- Black Olives or Mushrooms
- Potato or Pasta Salad
- Egg Salad or Tuna Salad
- Grains Salad (e.g. quinoa or couscous)
- Cole slaw or Veggie Slaw
- Shredded Cheese
- Chopped Eggs
- Beans (e.g. kidney, black beans, or chick peas)
- Hummus
- Fruit
- Ranch
- Italian
- Light Vinaigrette