

		Monday, July 20	Tuesday, July 21	Wednesday, July 22	Thursday, July 23	Friday, July 24	Saturday, July 25	Sunday, July 26	
W A H A W E E K	B R E A K F A S T	Muffins - ¾ choc chip, ¼ fruit 1 st Bell - 8:00am 2 nd Bell - 8:10am	Belgian waffles Strawberry sauce Whip cream Syrup 1 st Bell - 8:00am 2 nd Bell - 8:10am	Scrambled eggs Pom poms Fresh bread, butter 1 st Bell - 8:00am 2 nd Bell - 8:10am	Muffins - ¾ choc chip, ¼ fruit 1 st Bell - 8:00am 2 nd Bell - 8:10am	Matzoh brie 1 st Bell - 9:00am 2 nd Bell - 9:10am	Sugared cereals Cinnamon buns 1 st Bell - 8:00am 2 nd Bell - 8:10am	Scrambled eggs ½ cheesy Diced hash browns Sliced mini croissants Sliced cheese, tomatoes Strawberries, ind yogurt 1 st Seating - 9:00am	
		AT EVERY BREAKFAST (INCLUDING BRUNCH)							
		On table - apple or orange juice, milk, cold cereal, hot chocolate At Pantry Counter - margarine, salt, pepper, hot sauce In special diet shelter - oatmeal, brown sugar, fruit bowl, yogurt, bread, jam, soy butter, soy milk, lacteeze Coffee Station - 1 regular/1 flavoured, teas, sugar, Splenda, stir stix, creamers							
L U N C H	L U N C H	Apple Soup station "Salad bar" w/perogies Fresh bread, margarine Rice krispie squares Special Diet - None 1 st Seating/Bell - 1:00pm 2 nd Seating/Bell - 1:20pm	Granola bar Salad Station Fusili baked w/cheese Garlic breadsticks Jello Special Diet - ww rotini in tomato sauce 1 st Bell - 1:00pm 2 nd Bell - 1:10pm	Fruit Cream Cookie Salad Station Chicken nuggets Potato salad Shredded lettuce Ketchup, mayo, ranch L'il sour Special Diet - Oh Naturel chicken burger 1 st Bell - 1:00pm 2 nd Bell - 1:10pm	Plum Soup station "Salad bar" w/chicken (no cheese/dairy on bar) Fresh bread, margarine Rocket popsicle Special Diet - None 1 st Seating/Bell - 1:00pm 2 nd Seating/Bell - 1:20pm	Fruit Leather Salad Station Bagels (4oz) Cream cheeses Egg, tuna and salmon salad Lettuce, tomato, cheese Pickles Rugelach Special Diet - Veggie dogs 1 st Bell - 1:00pm 2 nd Bell - 1:10pm	Oreo Cookies Alphabet soup Salad Station Pizza - ½ cheese, ½ meat L'il sammiches Special Diet - No dairy pizza with veggies 1 st Bell - 1:00pm 2 nd Bell - 1:10pm	No Snack - Late Breakfast Soup Salad Station Grilled cheese Uncle Ray's - 1 bag/table Ketchup, ranch Worm's in 'n' dirt Special Diet - ww pita, hummus 1 st Bell - 1:00pm 2 nd Bell - 1:10pm	
		AT EVERY LUNCH AND DINNER							
		In The Veggie Tent - Bin of bread, soy butter, jam, boiled eggs - knives, tongs, serving spoons, Special Diet Option Entrée (if there is one) and Salad/Dessert (if lactose), Special Diet Sign, Salad Station At Pantry Counter - margarine, salt, pepper, hot sauce, dressings, soy packets, vinegar packets, relish packets, balsamic dressing At Table in Grove Overflow Room - Salad Station							
D I N N E R	D I N N E R	Fresh salsa á la Gates Brown rice pilaf WW pita bread Chicken souvlaki skewers Franks Chopped romaine Brownies Special Diet - Tofu, veggies on a skewer 1 st Bell - 6:00pm 2 nd Bell - 6:10pm	"Dinner on the Green" Hot dogs - jumbo, buns Diced onions Carrots and celery KMMR Potato chips Cookies (Oatmeal chip) Special Diet - Veggie burgers No Bells	Salad station Chicken balls Chicken/veg rice Oriental vegetables Sweet and sour, soy sauce Fortune cookies Strawberries and cream Special Diet - None 1 st Bell - 6:00pm 2 nd Bell - 6:10pm	Salad Station "Fajitas" Steak, onions, peppers Assorted wraps - 7" Brown rice Shredded lettuce Salsa, sour cream Melon wedges Special Diet - Oh Naturel beef, peppers, onions 1 st Bell - 6:00pm 2 nd Bell - 6:10pm	Matzoh ball soup Chicken - herb and garlic Potato latkes Corn Dill pickle spears Fresh baked Challah Grape juice Watermelon and chipbars Special Diet - Carrot soup, tofu stir fry No Bells - Procession starts at 5:45pm	Salad Station Chicken fingers Lattice fries BBQ and plum sauces Ketchup Ginger cookies Special Diet - Oh Naturel chicken nuggets 1 st Bell - 6:00pm 2 nd Bell - 6:10pm	Salad Station Rotini pasta Meatsauce Parmesan cheese Garlic bread Apple crisp Special Diet - Veg and TVP sauce 1 st Bell - 6:00pm 2 nd Bell - 6:10pm	
		CHANGEOVER							
		ISRAEL SPIRIT DAY							
S N A C K	S N A C K	Camper snack Cheese and crackers Staff snack Cheese and crackers	Camper snack Pizza - 1 tray per cabin Staff snack Pizza - All Staff Meeting	Camper snack Chips - ind bags Staff snack Chips - Uncle Ray's, Bugles	Camper Snack Poptart - 1 per Staff Snack EP Super Snack	Camper snack Dunkaroo Staff snack Sundae Bar	Camper snack Nachos Staff snack Nachos	Camper snack Nutrigrain bar Staff snack Town Night - no snack	
		FAMILY DAY							