

Hampton

COUNTRY DAY CAMP

MENU 2013

WHAT'S COOKIN'

JULY

Daily Fruit Bar

Apples, Peaches, Plums, Bananas, Nectarines, Pears & Oranges.

Daily Salad Bar

Fresh & Locally Grown Lettuce, Tomatoes, Cukes, Peppers, Broccoli, Beans, Grains, Tuna Salad, Egg Salad, Cottage Cheese, Assorted Dressings & More!

Daily Sandwich Bar

Assorted Sliced Cheeses, Turkey, Veggies, Kosher Meats, Whole Grain Breads, Wraps & Bagels!

PIZZA WEDNESDAYS

FRIDAY BBQS

Turkey, Beef or Veggie Burgers, and Kosher Hot Dogs

Daily Pasta

Multi Grain Pasta with Mixed Veggies, and choice of Fresh Tomato Sauce or Olive Oil & Parmesan Cheese.

DRINKS

Water, Fresh Lemonade and Apple Juice

Daily Yogurt

Organic lowfat yogurt available in assorted flavors



Any questions? Email us at fun@HamptonCountryDayCamp.com

*Menu subject to change based on availability

AUGUST

Post Camp

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Baked JUNE 24 Chicken Nuggets with Sweet Potato Fries, Veggies & Dip	Baked 25 MAC & CHEESE with Broccoli	26 PIZZA SLICE with Fresh Green Salad	Grilled 27 Mediterraen Chicken on Pita with Vegetable Couscous	KICK OFF BBQ Beef, Turkey or Veggie Burgers & Hot Dogs w/ Cucumber Salad
JULY 1 Pasta Alfredo with Chicken & Vegetables	Breakfast Buffet? Pancakes & Turkey Sausages with Assorted Fresh Fruit and Yogurt Toppings	3 CHEESE PIZZA with Chopped Salad	JULY 4th PICNIC 4 Baked Chicken & Fries w/ Summer Slaw & Watermelon	5 CAMP CLOSED for July 4th
Panko Breaded 8 FISH BITES with Health Salad	Turkey 9 <i>Meatball Hero</i> with Caprese Salad	10 PIZZA SLICE with Caesar Salad	11 <i>cheese tortellini</i> with Assorted Sauces & Tossed Salad	SHOW TIME BBQ 12 Beef, Turkey or Veggie Burgers & Hot Dogs w/ Tricolor Pasta Salad
SPAGHETTI & meatballs 15 with Garlic Knots & Fresh Tossed Salad	16 <i>Baked Potato Bar</i> with Assorted Toppings	17 PIZZA BAGELS w/ Red Leaf Lettuce Salad	Turkey 18 TACOS with Shredded Lettuce, Cheese & Tomato	SUPER SIZE BBQ 19 Beef, Turkey or Veggie Burgers & Hot Dogs with Fresh Corn Salad & Watermelon
JULY 22 Whole Wheat 23 <i>Grilled Cheese</i> Plain or Tomato	CHICKEN & VEGETABLE LO MEIN	24 CHEESE PIZZA with Tossed Salad	Chicken & Cheese 25 QUESADILLAS with Guacamole & Salsa	26 BIG TOP BBQ Beef, Turkey or Veggie Burgers & Hot Dogs w/ Orzo Salad & Watermelon
Turkey JULY 29 <i>Meatball Hero</i> with Tomato Basil Salad	Panko Breaded 30 FISH BITES with Health Salad	31 PIZZA WEDGE with Veggies & Dip	Fresh Tomato Sauce on 1 MULTI GRAIN PASTA with Garlic Bread & Tossed Salad	Kalypso BBQ 2 Beef, Turkey or Veggie Burgers & Hot Dogs with Red Bliss Potato Salad
Breakfast 4 Lunch 5 French Toast with Fresh Berries, Yogurt Toppings & Turkey Sausages	6 Rigatoni with Assorted Sauces & Fresh Green Salad	7 PIZZA SLICE with Chopped Salad	Baked 8 Chicken Tenders with Sweet Potato Fries & Summer Slaw	BROADWAY BOUND BBQ 9 Beef, Turkey or Veggie Burgers & Hot Dogs with Summer Tomato Salad
Whole Wheat 12 <i>Grilled Cheese</i> Plain or Tomato	Grilled 13 Mediterraen Chicken on Pita with Greek Salad	14 PIZZA STICKS with Caesar Salad	Baked 15 MAC & CHEESE with Broccoli	StarFISH 16 <i>Licious</i> Buffet
AUGUST 19 <i>cheese tortellini</i> with Assorted Sauces & Tossed Salad	Turkey 20 TACOS with Shredded Lettuce, Cheese & Tomato	21 CHEESE PIZZA w/ Red Leaf Lettuce Salad	22 CHICKEN & VEGETABLE LO MEIN	Summer Fun 23 BBQ Beef, Turkey or Veggie Burgers & Hot Dogs with Coleslaw and Watermelon
Brunch 4 Lunch 26 Waffles with Fresh Fruit and Yogurt Toppings & Turkey Sausages	Baked 27 Chicken Nuggets with Assorted Dipping Sauces & Sliced Veggies	28 PIZZA BAGELS with Tossed Salad	SPAGHETTI & meatballs 29 with Garlic Knots & Fresh Tossed Salad	30 FAREWELL FEAST