

Hampton COUNTRY DAY CAMP

MENU

WHAT'S COOKIN'!

BBQ EVERY WEDNESDAY
PIZZA EVERY FRIDAY

Monday Tuesday Wednesday Thursday Friday

June 26  Baked Chicken Tenders w/ Sweet Potato Fries	27  Tortellini w/ Assorted Fresh Sauces	28  BBQ Beef, Turkey or Veggie Burgers & Hot Dogs with Watermelon	29  Veggie, Cheese & Chicken QUESADILLAS w/ Mexican Corn Salad	30  PIZZA DAY! w/ Caesar Salad
3  Sliced Grilled Chicken w/ Homemade Pearl Barley Salad	4 CAMP CLOSED Happy 4th of July!!!	5  BBQ Beef, Turkey or Veggie Burgers & Hot Dogs with Watermelon	6  SMASHED POTATO BAR w/ Assorted Toppings	7  PIZZA DAY! w/ Green Salad
10  TURKEY MEATBALL HERO & Summer String Beans	11  BAKED MAC N CHEESE w/ Broccoli & Tossed Salad with Chicken	12  BBQ Beef, Turkey or Veggie Burgers & Hot Dogs with Watermelon	13  GRILLED Mediterranean Chicken on Pita w/ Roasted Veggies	14  PIZZA DAY w/ Tossed Salad
17  BREAKFAST 4 LUNCH Pancakes with Fresh Fruit, Yogurt Parfaits & Turkey Sausages	18  VEGGIE Lasagna w/ Fresh Tossed Salad	19  BBQ Beef, Turkey or Veggie Burgers & Hot Dogs with Watermelon	20  TURKEY TACO BOWLS w/ Rice & Toppings	21  PIZZA DAY w/ Green Leaf Salad
24  GRILLED CHEESE w/ Fresh Tomato Salad	25  CHICKEN SLIDERS w/ Homemade Coleslaw	26  BBQ Beef, Turkey or Veggie Burgers & Hot Dogs with Watermelon	27  Asian Chicken w/ Broccoli & Brown Rice	28  PIZZA DAY w/ Caesar Salad

June - July

August

Post Camp

31  BAKED CHICKEN TENDERS w/ Seasoned Waffle Fries	August 1st  BAKED MAC & CHEESE w/ Side Green Salad	2  BBQ Beef, Turkey or Veggie Burgers & Hot Dogs with Watermelon	3  TURKEY MEATBALL HERO w/ Garbanzo Bean Salad	4  PIZZA DAY w/ Caesar Salad
7  BREAKFAST BUFFET WAFFLES w/ Assorted Fresh Fruit, Yogurt Toppings, & Turkey Sausages	8  TERIYAKI CHICKEN w/ Brown Rice & Veggies	9  BBQ Beef, Turkey or Veggie Burgers & Hot Dogs with Watermelon	10  SMASHED POTATO BAR w/ Assorted Toppings	11  PIZZA DAY w/ Tossed Salad
14  VEGGIE, CHEESE & CHICKEN QUESADILLAS w/ Corn & Black Bean Salad	15  CHICKEN SLIDERS w/ Homeade Coleslaw	16  BBQ Beef, Turkey or Veggie Burgers & Hot Dogs with Watermelon	17  CHEESE LOVERS RIGATONI w/ Steamed Vegetable Medley	18  STARFISH A-LICIOUS BUFFET!
21  BAKED CHICKEN TENDERS w/ Summer String Beans	22  TURKEY MEATBALLS & Pasta & Broccoli	23  BBQ Beef, Turkey or Veggie Burgers, Hot Dogs with Watermelon	24  BRUNCH 4 LUNCH w/ Pancakes, Assorted Fresh Fruit, Yogurt Toppings, & Turkey Sausages	25  PIZZA DAY w/ Caesar Salad
28  BAKED Mac & Cheese w/ Cucumber Rounds & Dip	29  BAKED CHICKEN CUTLET w/ Vegetable Quinoa & Health Salad	30  BBQ Beef, Turkey or Veggie Burgers, Hot Dogs with Watermelon	31  Whole Wheat Grilled Cheese w/ Veggies Sticks & Ranch Dip	1  END OF SUMMER BLOWOUT BBQ

DAILY SALAD OPTIONS

Fresh & Locally Grown Lettuce, Tomatoes, Cukes, Peppers, Broccoli, Beans, Rotation of Steamed Veggies, Grains, Tuna Salad, Egg Salad, Cottage Cheese, Assorted Dressings, Homemade Fresh Veggie and Grain Salads (Barley, Couscous, Lentil, Quinoa) & More!

DAILY PASTA

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

DAILY SANDWICH OPTIONS

Assorted Sliced Cheeses, Turkey, Veggies, Kosher Meats (Pastrami, Salami and Turkey), Whole Grain Breads, Wraps & Bagels!

DRINKS

Filtered Fresh Fruit
Flavored Waters

ONCE PER WEEK... BBQ & PIZZA EVERY FRIDAY

Turkey, Beef and Veggie Burgers and Nitrate Free Hot Dogs

DAILY YOGURT

Organic lowfat yogurt available in assorted flavors

All food is low in trans fats and prepared fresh daily.

Questions? Email us at
Fun@HamptonCountryDayCamp.com or call us: 631-537-1770

*Menu subject to change based on availability. According to the Suffolk County Department of Health, the HCDC camp directors and nurses must be made aware of all camper food allergies.