

Menu for: Camp Kesher Dates: September 2<sup>nd</sup>-5<sup>th</sup>

	Friday Sept. 2	Sat Sept. 3	Sun Sept. 4	Mon Sept. 5
Breakfast		Belgium waffles Strawberries Whipped cream Syrup (warm) Butter Scrambled eggs Fresh fruit basket Orange juice Milk Cereal cart w/ 3-4 cereals, yogurt & bananas Oatmeal w/raisins, brown sugar, etc.  OPTIONS: Gluten free waffles Vegan option	Crustless Broccoli Quiche (Frittata) Potato Triangles Apple coffee cake Fresh fruit basket Apple juice Milk Cereal cart w/ 3-4 cereals, yogurt & bananas Oatmeal w/raisins, brown sugar, etc.  OPTIONS: Gluten free/vegan option	French toast Butter Syrup Scrambled eggs Fresh fruit basket Orange Juice Milk Cereal cart w/ 3-4 cereals, yogurt & bananas Oatmeal w/raisins, brown sugar, etc.  OPTIONS: Gluten free French toast Veg option
Lunch		Grilled cheese sandwiches Tomato soup Crackers Salad bar (2 stations) with extra protein options (canned tuna, cottage cheese, hard boiled eggs, beans, etc. Please add quinoa salad to the salad bar) Fruit Milk Water Brownies  OPTIONS: Some sand. made w/gf bread Some sand. made dairy free Small fruit bowl	Vegetarian chili with fixings (shredded cheddar, onions, sour cream) Baked potatoes (with butter, sour cream, chives, shredded cheese) on tables Cornbread w/butter on tables Tortilla or corn chips on tables Salad bar (2 stations) with extra protein options (canned tuna, cottage cheese, hard boiled eggs, beans, etc. Please add quinoa salad to the salad bar) Milk Water Creamsicles/Pudding pops  OPTIONS: DF frozen dessert (soy ice cream bars) Small fruit bowl	BBQ LUNCH Kosher hot dogs (All Beef) w/buns Beef burgers, w/buns (please keep burgers and hot dogs hot until served) w/fixings (lettuce, tomato, onions, mustard, ketchup, relish, mayo) Cole slaw (non-dairy) Potato chips Baked beans (vegetarian) Mini corn on cob Watermelon Strawberry lemonade & water COOKIES (NO NUTS)  OPTIONS: Veggie dogs, garden burgers with gluten free/dairy free bun options

<p>Dinner</p>	<p><u>Shabbat Dinner</u>  Baked salmon  Mashed potatoes  Steamed broccoli  Salad bar (2 stations,) with extra protein options (canned tuna, cottage cheese, hard boiled eggs, beans, etc.  Please add quinoa salad to the salad bar  Challah (group brings in)  Milk  Water  Grape juice (group brings)</p> <p>OPTIONS:  Vegan option, Gf</p> <p><u>Later in evening</u>  Ice cream sundae bar/3 stations</p> <p>OPTION: dairy free ice cream or dairy free ice cream sandwiches</p>	<p>Ziti or penne pasta (without sauce), toss lightly in olive oil  Marinara (served separately)  Meatballs (dairy free)  Garlic bread w/ Smart Balance  Non-Dairy Spread  Salad bar (2 stations – dairy free) with extra protein options (canned tuna, hard boiled eggs, beans, etc.  Please add quinoa salad to the salad bar)  Water  Warm berry cobbler (non-dairy)</p> <p>OPTIONS:  Wf, GF pasta/option  TVP (Textured Vegetable Protein meatballs</p>	<p>Baked chicken (more than you think we need as this is a Camp Kesher favorite and we don't want to run out. Breasts, thighs, and legs. NO WINGS PLEASE)  Rice Pilaf (dairy free)  Oven roasted veggies (peppers, onions, carrots, broccoli, zucchini, etc. (oven roasted, not steamed)  Salad bar(2 stations – dairy free)  Water  Warm apple crisp (dairy free)</p> <p>OPTIONS: No chicken, WF, Vegetarian &amp; vegan options</p>	
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**NOTES:**

- **Dairy Free margarine**
- Salad Bar (2 stations) at all meals except breakfasts and BBQ
- More protein on lunch & Saturday dinner salad bars: plain tuna, cottage cheese, hard boiled eggs, beans, etc
- Options Cart: Sunflower butter & Jelly at all meals
- Families to bring fruit to be put out on walkway next to water
- Please provide large bowls for snacks and fruit our families bring
- Cold water and cups will be provided throughout the day out on breezeway and before staff goes home for the night
- Ice provided in breezeway kitchen freezer
- Please make sure water on breezeway is filled each evening before staff leaves
- All meals are dairy (no meat) except dinners on Sat & Sun and BBQ on Mon
- All items for the meat meals (dinners on Sat & Sun and BBQ on Mon) MUST have all items dairy-free—please see notes above
- Tables will be set to seat eight (8) people at each meal
- Please bring dish clearing carts out **AFTER** we finish our after-meal grace (Birkat Hamazon)
- Hot Chocolate machine CLOSED during ALL scholar sessions
- All meals will have normal portions except chicken. We don't want to run out.