

# Hot Lunch program menu

*Summer camps 2025*

## **Week 1 (July 2-4), week 5 (July 28-Aug 1), week 9 (Aug 25-29)**

### **Monday**

- Main: Chicken Strips with Dipping Sauce
- Vegetarian Main: Crispy Tofu Strips
- Sides: French Fries
- Dessert: Apple Slices
- Drink: Water/Juice

### **Tuesday**

- Main: Spaghetti with Meat Sauce
- Vegetarian Main: Spaghetti with Pomodoro Sauce
- Side: Garlic Butter Bread Stick
- Dessert: Oatmeal Cookie or Chocolate Chip Cookie
- Drink: Water/Juice

### **Wednesday**

- Main: Beef and Broccoli
- Vegetarian Main: Chick Pea Stew
- Side: Roasted Potatoes
- Dessert: Fresh Whole Banana
- Drink: Water/Juice

### **Thursday**

- Main: Chicken Quesadilla with Cheese
- Vegetarian Main: Mixed Veggie and Cheese Quesadilla
- Sides: Salsa and Sour Cream
- Dessert: Granola Bar
- Drink: Water/Juice

## Friday

- Main: Pepperoni Pizza
- Vegetarian Main: Cheese Pizza
- Side: Cucumber Sticks
- Dessert: Chocolate Brownie
- Drink: Water/Juice

## **Week 2 (July 7-11), week 6 (Aug 5-8)**

### Monday

- Main: Macaroni and Cheese with Bacon Crumbles
- Vegetarian Main: Veggie Macaroni and Cheese
- Sides: Steamed Broccoli
- Dessert: Chocolate Chip Cookie
- Drink: Water/Juice

### Tuesday

- Main: Fish Sticks
- Vegetarian Main: Chickpea “Fish” Fingers
- Side: Yam Fries
- Dessert: Fruit Salad
- Drink: Water/Juice

### Wednesday

- Main: Stir Fry Chicken and Veggies
- Vegetarian Main: Grilled Tofu and Veggies
- Side: White Rice
- Dessert: Jello with Whipped Cream
- Drink: Water/Juice

### Thursday

- Main/ Vegetarian Main: Grilled Cheese Sandwich
- Side: Tomato Soup

- Dessert: Fresh Whole Apple
- Drink: Water/Juice

### Friday

- Main: Sloppy Joes
- Vegetarian Main: Black Bean Sloppy Joes
- Sides: French Fries
- Dessert: Chocolate Pudding
- Drink: Water/Juice

## **Week 3 (July 14-18), week 7 (Aug 11-15)**

### Monday

- Main: Tuna Salad Wrap with Cheese
- Vegetarian Main: Veggie and Hummus Wrap with Cheese
- Sides: Roasted Vegetables
- Dessert: Vanilla Pudding with Mixed Berries
- Drink: Water/Juice

### Tuesday

- Main: Chicken Alfredo Pasta
- Vegetarian Main: Pasta with Mushroom Alfredo Sauce
- Side: Garlic Butter Bread Stick
- Dessert: Apple Slices
- Drink: Water/Juice

### Wednesday

- Main: Chili (meat)
- Vegetarian Main: Veggie Chili
- Side: White Rice
- Dessert: Apple Turnover
- Drink: Water/Juice

### Thursday

- Main: Chicken Strips with Dipping Sauce
- Vegetarian Main: Crispy Tofu Strips
- Sides: French Fries
- Dessert: Fresh Whole Banana
- Drink: Water/Juice

### Friday

- Main/Vegetarian Main: Margherita Pizza
- Sides: Baby Carrots with Dipping Sauce
- Dessert: Cupcake
- Drink: Water/Juice

## **Week 4 (July 21-25), week 8 (Aug 18-22)**

### Monday

- Main: Hamburger with Cheese
- Vegetarian Main: Black Bean Burger with Cheese
- Sides: Kettle Chips
- Dessert: Fruit Salad
- Drink: Water/Juice

### Tuesday

- Main: Macaroni and Cheese with Bacon Crumbles
- Vegetarian Main: Veggie Macaroni and Cheese
- Side: Garlic Butter Bread Stick
- Dessert: Monster Cookie
- Drink: Water/Juice

### Wednesday

- Main: Beef Tacos with Cheese
- Vegetarian Main: Roasted Veggies Tacos with Cheese
- Side: Roasted Corn/Salsa

- Dessert: Watermelon
- Drink: Water/Juice

### Thursday

- Main: BBQ Chicken
- Vegetarian Main: BBQ Tofu
- Sides: Mashed Potatoes with Gravy
- Dessert: Chocolate Mousse
- Drink: Water/Juice

### Friday

- Main: Baked Meat Lasagna
- Vegetarian Main: Veggie Lasagna
- Sides: Cucumber and Tomato Salad
- Dessert: Ice Pop
- Drink: Water/Juice

### **Daily Additions:**

A variety of juices will be available.