



Vegetarian, Vegan & Gluten Free Options Available Every Meal

*** Extra summer session week 1 2026 food, not required for meal pattern. Servings shown are minimum portions. Larger amounts may be offered.**

[illegible]



Summer Camps at
College Settlement

Shaping the lives of young people by instilling respect for self, others and our natural world.

Menu
WEEK 2

Vegetarian, Vegan & Gluten Free Options Available Every Meal

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY*	SUNDAY*
BREAKFAST	Scrambled EGGS Shredded CHEESE Tomatoes & Diced sauteed peppers Home FRIES Whole Wheat TOAST Hot Sauce/ Ketchup/Butter or Jelly/Jam Choice of FRUIT, and Hard-Boiled EGGS on side Cold cereal DAY CAMP - BAGEL or Croissant w/ Cream Cheese, Butter or Jelly/Jam Choice of YOGURT with Raisin, craisins, Nut Free Granola or berries Choice of FRUIT, and Hard-Boiled EGGS on side Cold cereal MILK & FRUIT JUICE & WATER FOR OVERNIGHT & DAYCAMP	PANCAKES w/Maple syrup TURKEY Bacon Choice of YOGURT with Raisin, craisins, Nut Free Granola or berries Choice of FRUIT Cold cereal DAY CAMP SCRAMBLED EGGS Real Cheese slices BAGELS w/Cream Cheese, Butter & Jelly/Jam Choice of Fruit Cold cereal MILK & FRUIT JUICE & WATER FOR OVERNIGHT & DAYCAMP	FRENCH TOAST w/Maple Syrup FRUIT salad Choice of YOGURT with Raisin, craisins, Nut Free Granola or berries Choice of FRUIT, and Hard-Boiled EGGS on side Cold cereal DAY CAMP BAGEL or Croissant w/ Cream Cheese, Butter or Jelly/Jam Choice of YOGURT with Raisin, craisins, Nut Free Granola or berries Choice of FRUIT, and Hard-Boiled EGGS on side Cold cereal MILK & FRUIT JUICE & WATER FOR OVERNIGHT & DAYCAMP	Scrambled EGGS Real CHEESE slices Toasted English MUFFIN Jam/ketchup/butter Choice of FRUIT Cold cereal DAY CAMP PANCAKES TURKEY Bacon Maple syrup Choice of YOGURT with Raisin, craisins, Nut Free Granola or berries Choice of FRUIT on the side Cold cereal MILK & FRUIT JUICE & WATER FOR OVERNIGHT & DAYCAMP	Make your own parfait with YOGURT/fresh fruit/nut free granola MUFFINS (not banana nut) Jam/Butter Choice of FRUIT, and Hard-Boiled EGGS on side Cold cereal DAY CAMP BAGEL or Croissant w/ Cream Cheese, Butter or Jelly/Jam Choice of YOGURT with Raisin, craisins, Nut Free Granola or berries Choice of FRUIT, and Hard-Boiled EGGS on side Cold cereal MILK & FRUIT JUICE & WATER FOR OVERNIGHT & DAYCAMP		
LUNCH	Stir Fried RICE, PEPPERS, PEAS, ONION, CORN and Marinated TOFU Cucumber SALAD Fresh FRUIT or DESSERT MILK & FRUIT JUICE & WATER & LEMONDADE FOR OVERNIGHT & DAYCAMP	CHICKEN Sandwiches PASTA Salad SALAD - Ranch & Italian Dressing Fresh FRUIT or DESSERT MILK & FRUIT JUICE & WATER & LEMONDADE FOR OVERNIGHT & DAYCAMP	MAC and CHEESE Baked CHICKEN Tenders VEGGIE of the Day (from the farm?) Bread or ROLL Ketchup/hot sauce/BBQ sauce Fresh FRUIT or DESSERT MILK & FRUIT JUICE & WATER & LEMONDADE FOR OVERNIGHT & DAYCAMP	TACO soft shell Ground TURKEY Shredded CHEESE Shredded LETTUCE Salsa & Tortilla Chips Hot sauce SALAD - Ranch & Italian Dressing Fresh FRUIT or DESSERT MILK & FRUIT JUICE & WATER & LEMONDADE FOR OVERNIGHT & DAYCAMP	TURKEY & CHEESE Slices Hoagie ROLL or HUMMUS on a ROLL Lettuce & Sliced Tomato Choice of CHIPS Mustard and Mayo choice SALAD - Ranch & Italian Dressing Fresh FRUIT or DESSERT MILK & FRUIT JUICE & WATER & LEMONDADE FOR OVERNIGHT & DAYCAMP		
DINNER	Philly BEEF steaks Sliced CHEESE French FRIES Ketchup Salad - Ranch & Italian Dressing Fresh fruit on side MILK & FRUIT JUICE & WATER & LEMONDADE FOR OVERNIGHT & DAYCAMP	Baked CHICKEN Baked POTATOES VEGGIES FRUIT Salad - Ranch & Italian Dressing Dinner Roll MILK & FRUIT JUICE & WATER & LEMONDADE FOR OVERNIGHT & DAYCAMP	CHICKEN Alfredo with PASTA Steamed BROCOLLI Garlic BREAD Parmesan Cheese MILK & FRUIT JUICE & WATER & LEMONDADE FOR OVERNIGHT & DAYCAMP	SPAGHETTI with TURKEY Meatballs Parmesan Cheese SALAD - Ranch & Italian Dressing Choice of FRUIT Garlic BREAD MILK & FRUIT JUICE & WATER & LEMONDADE FOR OVERNIGHT & DAYCAMP			
SNACK	Baked cookies MILK & FRUIT JUICE & WATER & LEMONDADE FOR OVERNIGHT & DAYCAMP	Sliced watermelon and pineapple MILK & FRUIT JUICE & WATER & LEMONDADE FOR OVERNIGHT & DAYCAMP	Choice of Oreos/Choice of Fruit MILK & FRUIT JUICE & WATER & LEMONDADE FOR OVERNIGHT & DAYCAMP	Choice of Fruit /Choice of Chips MILK & FRUIT JUICE & WATER & LEMONDADE FOR OVERNIGHT & DAYCAMP			