

JCC CAMPS AT MEDFORD LUNCH MENU - SUMMER 2016

WEEK ONE WELCOME TO CAMP!	6/27 Bagel & Cream Cheese or Egg Salad	6/28 Meatball Sub	6/29 Potato Boureka	6/30 Chicken Nuggets	7/1 Pizza
WEEK TWO INDEPENDENCE WEEK	7/4 NO CAMP Happy 4th of July!	7/5 Turkey Sandwich	7/6 French Toast Sticks & Blueberries	7/7 Chicken Sandwich	7/8 Macaroni & Cheese
WEEK THREE	7/11 Baked Ziti	7/12 Chicken Nuggets	7/13 Grilled Cheese	7/14 Turkey Sandwich	7/15 Pizza Bagel
WEEK FOUR CARNIVAL WEEK	7/18 French Toast Sticks & Blueberries	7/19 Chicken Tenders	7/20 Potato Boureka	7/21 Hot Dogs CARNIVAL DAY	7/22 Baked Ziti
WEEK FIVE ISRAEL WEEK	7/25 Falafel in Pita Israeli Salad	7/26 Chicken Nuggets	7/27 Pizza Bagel	7/28 Meatball Sub	7/29 French Toast Sticks & Blueberries
WEEK SIX RUACH WEEK	8/1 Pizza	8/2 Chicken Sandwich	8/3 Cheese Quesadillas	8/4 Hot Dogs	8/5 Macaroni and Cheese
WEEK SEVEN (Dairy Only for Days of Awe)	8/8 Tuna and Egg Salad Sandwiches	8/9 Grilled Cheese	8/10 Baked Ziti	8/11 Veggie Nuggets	8/12 French Toast Sticks & Blueberries
WEEK EIGHT MACCABIAH WEEK	8/15 Macaroni & Cheese	8/16 Hot Dogs	8/17 Pizza Bagels	8/18 Chicken Tenders	8/19 Bagel & Cream Cheese or Egg Salad

Welcome to the JCC Camps at Medford Lunch Program



- ◆ Lunch is served in the air-conditioned lunch room
- ◆ Menu is provided online at www.jcccampsatmedford.org, linking to nutritional information
- ◆ Each day features 1 main lunch entrée
- ◆ White bread, wheat bread, and bagels are offered each day
- ◆ Jelly, soy butter (single serving), sun butter (single serving), paerve margarine, are always available as an alternative
- ◆ Non-sugar cereals are available for our younger campers
- ◆ Yogurt and cream cheese are available on dairy days
- ◆ Tuna fish is available on meat days
- ◆ Fresh fruit is provided daily
- ◆ A fresh vegetable (baby carrots, celery sticks) is served daily
- ◆ 1% Low fat white and 1% low fat chocolate milk are served with dairy meals
- ◆ Sugar Free Juice drinks are served with meat meals
- ◆ Ice water is provided at all meals
- ◆ The kitchen is supervised by the Tri-County Vaad Hakashruth, to ensure food is kosher
- ◆ During the 9 days preceding the observance of Tisha B'Av , no meat is served
- ◆ Please call the Camp Office with any questions, 609 654-5192