

# JCC Camps at Medford Lunch Menu 2018

<p><b>WEEK ONE</b> WELCOME TO CAMP!</p>	<p>6/25 Bagel &amp; Cream Cheese or Egg Salad with Tomato Slices  <i>Gluten free bagels available</i></p>	<p>6/26 Meatball Sub with Garden Salad  <i>Gluten free rolls available</i></p>	<p>6/27 Potato Boureka &amp; applesauce with hardboiled egg</p>	<p>6/28 Chicken Nuggets with sliced vegetables and dip  <i>Gluten free nuggets available</i></p>	<p>6/29 Pizza with Tossed Salad  <i>Gluten free pizza available</i></p>
<p><b>WEEK TWO</b></p>	<p>7/2 Cheese Quesadillas With Chips, Salsa, and all the fixings</p>	<p>7/3 Hot Dogs with Tater Tots  <i>Gluten free rolls available</i> <i>Veggie Dogs Available</i></p>	<p>7/4  <b>NO CAMP</b> <b>Happy 4th of July!</b></p>	<p>7/5 Chicken Sandwich With Fresh Fruit  <i>Gluten free chicken patty and roll available</i></p>	<p>7/6 French Toast Sticks &amp; Blueberries with cheese sticks</p>
<p><b>WEEK THREE</b></p>	<p>7/9 Baked Ziti with Garlic Bread  <i>Gluten free pasta available</i></p>	<p>7/10 Chicken Tenders with sliced vegetables and dip  <i>Gluten free nuggets available</i></p>	<p>7/11 Macaroni &amp; Cheese with Garden Salad  <i>Gluten free pasta available</i></p>	<p>7/12 Meatball Sub with Garden Salad</p>	<p>7/13 Tuna and Egg Salad Hoagies with sliced vegetables  Gluten free rolls available</p>
<p><b>WEEK FOUR</b> CARNIVAL WEEK  (Dairy served all week in obser- vance of Days of Awe)</p>	<p>7/16 French Toast Sticks &amp; Blueberries with cheese sticks</p>	<p>7/17 Cheese Quesadillas With Chips, Salsa, and all the fixings</p>	<p>7/18 Potato Boureka &amp; Applesauce with hardboiled egg</p>	<p>7/19 <b>CARNIVAL DAY</b>  Pizza  Gluten free pizza available</p>	<p>7/20 Baked Ziti with Garlic Bread  <i>Gluten free pasta available</i></p>

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<p><b>WEEK FIVE</b> ISRAEL WEEK</p>	<p>7/23 Falafel in Pita Israeli Salad &amp; Hummus</p>	<p>7/24 Chicken Nuggets with sliced vegetables and dip</p> <p><i>Gluten free nuggets available</i></p>	<p>7/25 Macaroni &amp; Cheese with Garden Salad</p> <p><i>Gluten free pasta available</i></p>	<p>7/26 Hot Dogs with Tater Tots</p> <p><i>Gluten free rolls available</i> <i>Veggie Dogs Available</i></p>	<p>7/27 Tuna Hoagie with sliced vegetables</p> <p><i>Gluten free rolls available</i></p>
<p><b>WEEK SIX</b></p>	<p>7/30 Pizza with Tossed Salad</p> <p><i>Gluten free pizza available</i></p>	<p>7/31 Chicken Sandwich With Fresh Fruit</p> <p><i>Gluten free chicken patty and roll available</i></p>	<p>8/1 Potato Boureka &amp; applesauce with hardboiled egg</p>	<p>8/2 Chicken Tenders with sliced vegetables and dip</p> <p><i>Gluten free tenders available</i></p>	<p>8/3 Baked Ziti with Garlic Bread</p> <p><i>Gluten free pasta available</i></p>
<p><b>WEEK SEVEN</b></p>	<p>8/6 Cheese Quesadillas With Chips, Salsa, and all the fixings</p>	<p>8/7 Chicken Nuggets with sliced vegetables and dip</p> <p><i>Gluten free nuggets available</i></p>	<p>8/8 Macaroni &amp; Cheese with Fresh Fruit</p> <p><i>Gluten free pasta available</i></p>	<p>8/9 Meatball Sub with Garden Salad</p> <p><i>Gluten free rolls available</i></p>	<p>8/10 French Toast Sticks &amp; Blueberries with cheese sticks</p>
<p><b>WEEK EIGHT</b> MACCABIAH WEEK</p>	<p>8/13 Tuna Hoagie with sliced vegetables</p> <p><i>Gluten free rolls available</i></p>	<p>8/14 Hot Dogs with Tater Tots</p> <p><i>Gluten free rolls available</i> <i>Veggie Dogs Available</i></p>	<p>8/15 Pizza with Tossed Salad</p> <p><i>Gluten free pizza bagel available</i></p>	<p>8/16 Chicken Tenders with sliced vegetables and dip</p> <p><i>Gluten free tenders available</i></p>	<p>8/17 Bagel &amp; Cream Cheese or Egg Salad with Tomato Slices</p> <p><i>Gluten free bagels available</i></p>

## 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](http://www.jcccampsatmedford.org), linking to nutritional information
- ◆ Each day features 1 main lunch entrée
- ◆ Gluten free options available for most main entrees
- ◆ White bread, wheat bread, and bagels are offered each day; Gluten free bread and bagels daily
- ◆ Hard boiled eggs, applesauce, 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, sliced cucumbers, celery sticks, broccoli, cherry tomatoes) 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
- ◆ Snacks are served daily, gluten free snacks available
- ◆ 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