

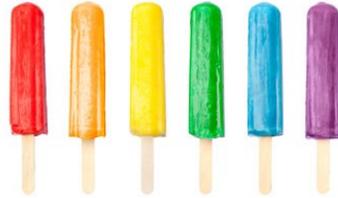
# JCC Camps at Medford Lunch Menu 2019

<p><b>WEEK ONE</b> WELCOME TO CAMP!</p>	<p>6/24 Bagel &amp; Cream Cheese or Egg Salad with Tomato Slices</p> <p><i>Gluten free bagels available</i></p>	<p>6/25 Meatball Sub with Garden Salad</p> <p><i>Gluten free rolls available</i></p>	<p>6/26 Potato Boureka &amp; applesauce with hardboiled egg</p> <p>Plus: Apples and Honey for Rosh Hashana!</p>	<p>6/27 Chicken Nuggets with sliced vegetables and dip</p> <p><i>Gluten free nuggets available</i></p>	<p>6/28 Pizza with Tossed Salad</p> <p><i>Gluten free pizza available</i></p>
<p><b>WEEK TWO</b></p>	<p>7/1 Cheese Quesadillas With Chips, Salsa, and all the fixings</p>	<p>7/2 Chicken Sandwich With Fresh Fruit</p> <p><i>Gluten free chicken pat- ty and roll available</i></p>	<p>7/3 Baked Ziti with Garlic Bread</p> <p><i>Gluten free rolls available</i> <i>Veggie Dogs Availa- ble</i></p>	<p>7/4 <b>NO CAMP</b> <b>Happy 4th of July!</b></p>	<p>7/5 French Toast Sticks &amp; Blueberries with cheese sticks</p>
<p><b>WEEK THREE</b></p>	<p>7/8 Baked Ziti with Garlic Bread</p> <p><i>Gluten free pasta available</i></p>	<p>7/9 Meatball Sub with Garden Salad</p> <p>Plus: Potato Latkes For Hanukah</p>	<p>7/11 Macaroni &amp; Cheese with Garden Salad</p> <p><i>Gluten free pasta available</i></p>	<p>7/11 Chicken Tenders with sliced vegetables and dip</p> <p><i>Gluten free nuggets available</i></p>	<p>7/12 Tuna and Egg Salad Hoagies with sliced vegetables</p> <p>Gluten free rolls available</p>
<p><b>WEEK FOUR</b></p>	<p>7/15 Cheese Quesadillas With Chips, Salsa, and all the fixings</p>	<p>7/16 Chicken Nuggets with sliced vegetables and dip</p> <p><i>Gluten free nuggets available</i></p>	<p>7/17 <b>CARNIVAL DAY!</b></p> <p>Pizza</p>	<p>7/18 Meatball Sub with Garden Salad</p> <p><i>Gluten free rolls available</i></p>	<p>7/19 French Toast Sticks &amp; Blueberries with cheese sticks</p>

# JCC Camps at Medford Lunch Menu 2019

<p><b>WEEK FIVE</b> ISRAEL WEEK</p>	<p>7/22 Falafel in Pita Israeli Salad &amp; Hummus</p>	<p>7/23 Chicken Nuggets with sliced vegetables and dip  <i>Gluten free nuggets available</i></p>	<p>7/24 Macaroni &amp; Cheese with Garden Salad  <i>Gluten free pasta available</i></p>	<p>7/25 Hot Dogs with Tater Tots  <i>Gluten free rolls available Veggie Dogs Available</i></p>	<p>7/26 Tuna Hoagie with sliced vegetables  <i>Gluten free rolls available</i></p>
<p><b>WEEK SIX</b></p>	<p>7/29 Pizza with Tossed Salad  <i>Gluten free pizza available</i></p>	<p>7/30 Chicken Sandwich With Fresh Fruit  <i>Gluten free chicken pat- ty and roll available</i></p>	<p>7/31 Potato Boureka &amp; applesauce with hardboiled egg</p>	<p>8/1 Meatball Sub with Garden Salad  <i>Gluten free rolls available</i></p>	<p>8/2 Baked Ziti with Garlic Bread  <i>Gluten free pasta available</i></p>
<p><b>WEEK SEVEN</b>  (Dairy served all week in ob- servance of Days of Awe)</p>	<p>8/5 Tuna Hoagie with sliced vegetables  <i>Gluten free rolls available</i></p>	<p>8/6 Cheese Quesadillas With Chips, Salsa, and all the fixings</p>	<p>8/7 Potato Boureka &amp; Applesauce with hardboiled egg</p>	<p>8/8 French Toast Sticks &amp; Blueberries with cheese sticks</p>	<p>8/9 Macaroni &amp; Cheese with Fresh Fruit  <i>Gluten free pasta available</i></p>
<p><b>WEEK EIGHT</b> MACCABIAH WEEK</p>	<p>8/12 Baked Ziti with Garlic Bread  <i>Gluten free pasta available</i></p>	<p>8/13 Hot Dogs with Tater Tots  <i>Gluten free rolls available Veggie Dogs Available</i></p>	<p>8/14 Pizza with Tossed Salad  <i>Gluten free pizza bagel available</i></p>	<p>8/15 Chicken Tenders with sliced vegetables and dip  <i>Gluten free tenders available</i></p>	<p>8/16 Bagel &amp; Cream Cheese or Egg Salad with Tomato Slices  <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
- ◆ Please call the Camp Office with any questions, 609 654-5192