

Appleby Camp Summer Menu 2024

Week 1 – June 24th to June 28th

Salad Bar - Daily

Salad bar with Greens/side salad/carrot/celery stick/hummus/pickled Vegetables (banana Pepper /Jalapeno/Pickles) Regular condiments/dressing and dessert

Monday

Spaghetti in butter, Meatballs, Spaghetti with Soy Crumble, Sweet Peppers in Tomato Sauce, Garlic Bread, Caesar Salad, Frozen Yogurt Tubes

Tuesday

Cucumber & Tomato Salad, Caesar Salad, Cheese Pizza, Diced Home Fries, Mixed Vegetables, Rice Krispy Square

Wednesday

Beef Lasagna, Creamy Vegetarian Lasagna, Spinach Salad, Cucumber & Tomato Salad, Apple Slices

Thursday

Breaded Chicken Burger on Bun, Garden Vegetarian Burger, Baby Carrots, Potato Wedge Fries, Mixed Iceberg Salad, Vinaigrette Coleslaw Salad, Jell-O

Friday

Quiche (spinach, cheese, egg, peppers) Diced Home Fries and Fresh Fruit Salad

Week 2 -July 2nd to July 5th

Salad Bar - Daily

Salad bar with Greens/side salad/carrot/celery stick/hummus/pickled Vegetables (banana Pepper /Jalapeno/Pickles) Regular condiments/dressing and dessert

Tuesday

Penne Chicken Alfredo, Penne with Soy Chicken & Roasted Vegetables, Steamed Vegetables, Yogurt Tubes

Wednesday

Beef Tacos, Sweet Peppers, Onions and Soy Chicken Tacos, Tomato Mexican Brown Rice, Spinach Salad, Mixed Vegetables, Rice Krispy Squares

Thursday

Cheese Pizza, Steamed Vegetables, Diced Home Fries, Cucumber & Tomato Salad, Caesar Salad, Apple Slices

Friday

Beef Burger on Bun, Garden Vegetarian Burger on Bun Mixed Greens, Vinaigrette Coleslaw salad, Pasta Salad, Terra Cotta Cookies & Watermelon

Week 3 – July 8th to July 12th

Salad Bar - Daily

Salad bar with Greens/side salad/carrot/celery stick/hummus/pickled Vegetables (banana Pepper /Jalapeno/Pickles) Regular condiments/dressing and dessert

Monday

Chicken Tenders (Plum Sauce), Meatless Tenders, Mixed Iceberg salad, Mixed Vegetable, Cucumber & Tomato Salad, Rice Krispy Squares

Tuesday

Beef Lasagna, Vegetarian Lasagna, Caesar Salad, Jell-O

Wednesday

BBQ Pulled Pork on Bun, Cheesy Mac and Cheese Baby Carrots, Vinaigrette Coleslaw salad, Mixed Vegetables, Yogurt Tubes

Thursday

Chicken Fajitas, Soy Chicken, Tofu and Sweet Pepper Fajitas with Mixed Greens Salad, Potato Salad, Apple Slices

Friday

Breaded Chicken Burger, Garden Vegetarian Burger on Bun, Mixed Greens, Vinaigrette Coleslaw salad, Pasta Salad, Terra Cookies & Watermelon

Week 4 – July 15th to July 19th

Salad Bar - Daily

Salad bar with Greens/side salad/carrot/celery stick/hummus/pickled Vegetables (banana Pepper /Jalapeno/Pickles) Regular condiments/dressing and dessert

Monday

Whole Wheat Beef Penne Pasta & Pasta Primavera with Julienne Zucchini & Soy Crumble, Steamed Vegetables, Mixed Greens Salad, Rice Krispy Squares

Tuesday

Chicken Tenders (Plum Sauce), Meatless Tenders, with Mixed Greens Salad, Pasta Salad, Frozen Yogurt Tubes

Wednesday

Beef Tacos, Sweet Peppers, Onions and Soy Chicken Tacos, Tomato Mexican Brown Rice, Caesar Salad, Mixed Vegetables, Nacho Chips Apple Slice

Thursday

Butter Chicken with Buttered Cauliflower, Naan Bread Bites and Rice, Cucumber & Tomato Salad, Frozen Yogurt Tubes

Friday

Breakfast Sausage & Egg Sandwich, Breakfast Egg and Cheese Sandwich Diced Home Fries and Fresh Fruit Salad

Week 5 – July 22nd to July 26th

Salad Bar - Daily

Salad bar with Greens/side salad/carrot/celery stick/hummus/pickled Vegetables (banana Pepper /Jalapeno/Pickles) Regular condiments/dressing and dessert

Monday

Spaghetti with Meatballs, Spaghetti with Soy Crumble, Sweet Peppers & Tomato Sauce, Caesar Salad, Garlic whole wheat Bread, Frozen Yogurt Tubes

Tuesday

Chicken Pot Pie, Baby Carrots, Mac & Cheese, Mixed Iceberg salad, Vinaigrette Coleslaw salad, Potato Wedge Fries, Jell-O

Wednesday

Beef Lasagna, Creamy Vegetarian Lasagna, Spinach Salad, Cucumber & Tomato Salad, Frozen Yogurt Tubes

Thursday

Cheese Pizza, Steamed Vegetables, Diced Home Fries, Cucumber & Tomato Salad, Caesar Salad, Apple Slices

Friday

Beef Burger, Garden Vegetarian Burger on Bun, Mixed Greens, Vinaigrette Coleslaw salad, Pasta Salad, Terra Cookies & Watermelon

Week 6 – July 29th to August 2nd

Salad Bar - Daily

Salad bar with Greens/side salad/carrot/celery stick/hummus/pickled Vegetables (banana Pepper /Jalapeno/Pickles) Regular condiments/dressing and dessert

Monday

Chicken Tenders (Plum Sauce), Meatless Tenders Mixed Greens Salad, Potato Salad, Rice Krispy

Tuesday

Cheese Tortellini in butter, Tomato Sauce, Arugula Salad, Mixed Vegetable, Caesar Salad, Garlic Bread, Frozen Yogurt Tubes

Wednesday

Meatball Sub/ Roasted Peppers, Zucchini, Onion, and Soy Chicken Sub, on Bun, Mixed Greens Salad, Pasta Salad, Mixed Vegetables, Jell-O

Thursday

Beef Tacos, Sweet Peppers, Onions and Soy Beef Tacos, Tomato Mexican Brown Rice, Spinach Salad, steamed Vegetables, Apple Slices

Friday

Tzatziki Chicken with Falafel, Rice and Pita Spinach Salad, Cucumber & Tomato Salad, Frozen Yogurt Tubes

Week 7 – August 6th to August 9th

Salad Bar - Daily

Salad bar with Greens/side salad/carrot/celery stick/hummus/pickled Vegetables (banana Pepper /Jalapeno/Pickles) Regular condiments/dressing and dessert

Tuesday

Beef Lasagna, Creamy Vegetable Lasagna, Caesar salad, Jell-O

Wednesday

BBQ Pulled Pork on Bun Cheesy Mac and Cheese, Baby Carrots, Vinaigrette Coleslaw salad, Mixed Vegetables, Yogurt Tubes

Thursday

Chicken Fajitas, Soy Chicken, Tofu and Sweet Pepper Fajita with Mixed Greens Salad, Potato Salad, Rice Krispy Square

Friday

Quiche (spinach, cheese, egg, peppers) Diced Home Fries and Fresh Fruit Salad

Week 8 – August 12th to August 16th

Salad Bar - Daily

Salad bar with Greens/side salad/carrot/celery stick/hummus/pickled Vegetables (banana Pepper /Jalapeno/Pickles) Regular condiments/dressing and dessert

Monday

Cheese Pizza, steamed Vegetables, Diced Home Fries, Cucumber & Tomato Salad, Caesar Salad, Apple Slices

Tuesday

Chicken Tenders (Plum Sauce), Meatless Tenders, with Mixed Greens Salad, Pasta Salad, Rice Krispy

Wednesday

Beef Tacos, Sweet Peppers, Onions and Soy Chicken Tacos, Mexican Brown Rice, Caesar Salad, Mixed Vegetables, Jell-O

Thursday

Meatball Sub, Roasted Peppers, Zucchini, Onion and Soy Beef Sub, Arugula Salad, French Fries Vinaigrette Coleslaw salad, Apple Slices

Friday

Breaded Chicken Burger, Vegetable Burger on Buns, Spinach Salad, Potato Salad, Terra Cookies & Watermelon

Week 9 – August 19th to August 23rd

Salad Bar - Daily

Salad bar with Greens/side salad/carrot/celery stick/hummus/pickled Vegetables (banana Pepper /Jalapeno/Pickles) Regular condiments/dressing and dessert

Monday

Butter Chicken with Buttered Cauliflower, Naan Bread Bites and Rice, Cucumber & Tomato Salad, Frozen Yogurt Tubes

Tuesday

Chicken Burger on Bun, Baby Carrots, Perogy, Mixed Iceberg salad, Vinaigrette Coleslaw salad, Potato Wedge Fries, Jell-O

Wednesday

Beef Lasagna, Creamy Vegetable Lasagna, Spinach Salad, Cucumber & Tomato Salad, Apple Slices

Thursday

Spaghetti with Meatballs, Spaghetti with Soy Crumble, Sweet Peppers & Tomato Sauce, Caesar Salad, Garlic Bread, Rice Krispy Squares

Friday

Beef Burger, Garden Vegetarian Burger on Bun, Mixed Greens, Vinaigrette Coleslaw salad, Pasta Salad, Terra Cookies & Watermelon

Week 10 – August 26th to 30th

Salad Bar - Daily

Salad bar with Greens/side salad/carrot/celery stick/hummus/pickled Vegetables (banana Pepper /Jalapeno/Pickles) Regular condiments/dressing and dessert

Monday

Beef Tacos, Sweet Peppers, Onions and Soy Chicken Tacos, Tomato Mexican Brown Rice, Spinach Salad, steamed Vegetables, Rice Krispy Squares

Tuesday

Cheese Tortellini in Butter, Tomato Sauce, Arugula Salad, Mixed Vegetable, Caesar Salad, Garlic Bread, Frozen Yogurt Tubes

Wednesday

Chicken Tender (Plum Sauce), Meatless Tender Mixed Greens Salad, Potato Salad, Apple Slices

Thursday

Meatball Sub, Roasted Peppers, Zucchini, Onion and Soy Beef Sub, Mixed Greens Salad, Pasta Salad, Mixed Vegetables, Jell- O

Friday

Tzatziki Chicken with Falafel, Rice and Pita Spinach Salad, Cucumber & Tomato Salad, Frozen Yogurt Tubes