CDR — CAMP DEENY RIBACK · JCC METROWEST
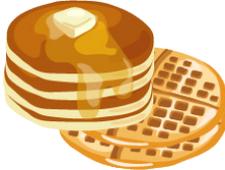
J MetroWest Camps

LUNCH MENU Summer 2023

All food is under supervision of the Vaad HaRabonim of MetroWest. All food provided by Shimtal Caterer.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	**JUNE 26** Cheese Tortellini in Marinara or Pesto Butter, Carrots, Ceasar Salad	**JUNE 27** Beef Taco, Hard & Soft Shells, Rice, Tomatoes	**JUNE 28** Sicilian Pizza, Black Beans	**JUNE 29** Pancakes & Waffles, Hard-Boiled Eggs	**JUNE 30** Chicken Nuggets, Couscous, Steamed Vegetables
WEEK 2	**JULY 3** Hamburger, Hot Dogs, Baked Beans, Sauerkraut, Pickles	**JULY 4** **CAMP CLOSED FOR INDEPENDENCE DAY**	**JULY 5** Macaroni & Cheese, Plain Pasta (Marinara on Side)	**JULY 6** Shwarma, Pita, Rice, Israeli Salad, Diced Pickles	**JULY 7** Sicilian Pizza, Black Beans
WEEK 3	**JULY 10** Baked Ziti Garlic Knots	**JULY 11** Beef Bolognese or Plain Pasta (Marinara on Side), Baby Corn	**JULY 12** Sicilian Pizza, Black Beans	**JULY 13** Spaghetti & Meatball, Subs, Peas & Carrots	**JULY 14** Plain Bagels, Tuna, Egg Salad, American Cheese, Tomatoes
WEEK 4	**JULY 17** Cheese Quesadillas, Veggie Taco, Rice, Sour Cream, Guacamole	**JULY 18** BBQ/Roast Chicken, Mashed Potatoes, Green Beans	**JULY 19** Hamburger, Hot Dogs, Baked Beans, Sauerkraut, Pickles	**JULY 20** Falafel, Potato Burekas Israeli Salad, Pita, Hummus	**JULY 21** Sicilian Pizza, Corn Nibbles

Our Every Day Healthy Choices Include:

SALAD BAR
Israeli salad, broccoli, chickpeas, baby corn, green peas, peppers, edamame, cole slaw, pickles, couscous, quinoa, mixed lettuce and vegetable, pasta salad, wild rice salad, kidney beans, raisins, corn, olives

DRESSINGS
French (Lite), Italian (Lite), honey mustard, raspberry vinaigrette, balsamic vinaigrette

FRUIT (selected from seasonally available varieties):
Banana, watermelon, pineapple, peaches, apples, oranges, grapes, apple sauce, cantaloupe, honeydew, fruit cocktail, canned fruit

AVAILABLE DIETARY OPTIONS:
Soy butter and jelly sandwiches, pasta with homemade marinara sauce, gluten-free pasta

OUR FACILITY IS PROUDLY:

NUT FREE

If your child requires a special diet, please contact us for a personalized menu.