

Outdoor School - 2022 Camp Ramah Weekly Menu

<i>Day</i>	<i>Breakfast - 8am</i>	<i>Lunch - 12pm</i>	<i>Dinner - 5:30pm</i>
Day 1		2:30pm Snack: Whole Fruit, Granola Bars, Water	- Salad - Herb Chicken - Edamame - Roasted Potatoes - Water Dessert: Brownies
Day 2	- French Toast w/ Syrup - Hard Boiled Eggs - Hash Browns - Cold Cereal - Bananas - Orange Juice & Milk	- Salad - Cheese Pizza - Carrot & Celery Sticks - Ranch Dressing - Sliced Watermelon - Water 2:30pm Snack: Whole Fruit, Sun Chips, Water	- Salad - Spaghetti - Marinara Sauce - "Meat" Sauce - Garlic Bread - Green Beans - Parmesan Cheese Dessert: Cookies
Day 3	- Scrambled Eggs - Breakfast Potatoes - Bagels w/ Cream Cheese - Cold Cereal - Fruit Salad - Orange Juice & Milk - Coffee & Tea Station	- Salad - Cheese Quesadillas - Mexican Rice - Beans - Sour Cream - Salsa 2:30pm Snack: Whole Fruit, Granola Bars, Water	- Salad - Beef & Broccoli - Jasmine Rice - Water Dessert: Italian Ice
Day 4	- Pancakes w/ syrup - Tater Tots - Hard Boiled Eggs - Cold Cereal - Bananas - Orange Juice & Milk - Coffee & Tea Station		

Please note:

- Items listed in green have a vegetarian option available.
- Items listed in yellow have a gluten-free option available.
- Items listed in purple have a gluten-free / vegan option available.
- Any meal that contains meat will be 100% dairy free.
- Any meal that contains dairy will be 100% vegetarian.