

# CAMP TAKODAH

## Food Service Information

### Breakfasts

Hot entrees served family style (see daily menus)

Breakfast bar:

- Cold cereal (two options)
- Oatmeal (with brown sugar and raisins)
- Yogurt (two options)
- Granola or muffin squares
- Bagels or English muffins (with sun butter, jelly, and cream cheese)
- Fresh fruit

Beverages

- Apple juice or Orange juice
- Milk
- Water

### Lunches

Hot entrees served family style (see daily menus)

Salad bar (see below)

Soup bar (two options)

Sandwich bar (see below)

Fresh Fruit

Beverages

- Fruit drink
- Water

### Dinners

Hot entrees served family style (see daily menus)

Salad bar (see below)

Soup bar (two options)

Sandwich bar (see below)

Fresh Fruit

Beverages

- Fruit drink
- Milk
- Water

### Special Dietary Needs

- At least one soup option at each meal is vegetarian
- Whole wheat products are served whenever palatable and possible
- Fresh Fruit and Graham Crackers are available 24/7
- Soy Milk and Lactaid are always available upon request
- Gluten-free products (e.g. pasta and bread) are always available for gluten-free specified campers
- All produce is fresh sourced locally whenever affordable and possible

## **Salad Bar**

Lunch and dinner salad bars will include a minimum of the following:

- Section 1 = 1/2 pan each of spring mix / baby spinach
- Section 2 = 1/3 pan each of cucumbers / tomatoes / mixed bell peppers
- Section 3 = 1/3 pan each of olives / onions / grated carrots
- Section 4 = 1/3 pan each of sliced grilled chicken / tuna / shredded cheese
- Section 5 = 1/3 pan each of hard boiled eggs / hummus / cottage cheese
- Section 6 = 1/2 pan each of brown rice, lentils, or barley / specialty grain salad du jour
- Dressings include Ranch, Italian, and Light Vinaigrette

## **Sandwich Bar**

Lunch and dinner sandwich bars will include a minimum of the following:

- Rolls, Bread, Tortillas
- Sun Butter & jelly
- Sliced turkey and ham
- Sliced cheddar and Swiss
- Lettuce, tomato and onion
- Condiments include mayo and mustard