

EATING WELL

Camp Takodah Menu Summer Camp 2021

Special Diets & Allergies

We maintain a nut-free environment. We serve vegetarian, gluten-free, dairy-free, and vegan options at every meal. In addition, every meal includes an extensive breakfast bar or salad/soup/sandwich bar.

In order to attend summer camp, children must be able to maintain proper nutrition and hydration from the options provided. We are unable to accommodate special requests or additional food supplements from home. Please contact us if you're unsure whether your child will have trouble with the options provided.

Nutritious & Delicious

Whole wheat products are served whenever possible and palatable. Soy Milk and Lactaid are always available upon request. All produce is fresh and sourced locally whenever possible.

Breakfast Bar

Includes 3 Cereal Varieties, Hot Oatmeal with Toppings, Scrambled Eggs, Yogurt, Granola, Fruit Salad, Bagels, English Muffins, Sunbutter, Jelly, Cream Cheese, Butter, Juice, Water, and Milk

Lunch & Dinner Salad Bar

Includes Spring Mix/Baby Spinach, Cucumbers, Tomatoes, Bell Peppers, Olives, Onions, Carrots, Beets, Hard Boiled Eggs, Shredded Cheese, Cottage Cheese, Legumes or Bean Salad, Chicken or Tuna, Quinoa or Whole Grain Salad, 4 Salad Dressings, and Cereal upon Request

Lunch & Dinner Sandwich Bar

Includes Kaiser Rolls, Sub Rolls, Whole Grain Bread, White Bread, GF Bread, Sliced Turkey, Ham, Roast Beef, American Cheese, Sliced Cheddar, Swiss, Pepperjack, Greenleaf Lettuce, Tomato, Red Onion, Banana Peppers, Cucumbers, Carrots, Pickles, Mayo, Mustard, Whole Grain Mustard, Hummus Varieties, Sun Butter, and Jelly

Lunch & Dinner Soup Station

Includes Daily Soup Offering(s), Whole Grain Breads, and Crackers

Snacks

Snacks are served mid-morning and before bed every day. Fresh Fruit and Graham Crackers are available 24/7.



CAMP TAKODAH MENU – WEEK 1 (SPECIAL DIETS)

Please note: All of the menu items under each category are prepared accordingly. So, for example, if "Sausage" is listed under Vegan, you can assume that it's vegan sausage. Each meal will also feature Breakfast, Cereal, Sandwich, Salad, and/or Soup Bars with additional options. Soy Milk and Lactaid are always available.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	<u>Changeover</u> Chef's Choice	<u>Gluten/Dairy Free</u> French Toast Sticks Syrup Bacon <u>Vegan</u> French Toast Sticks Syrup Vegan Bacon	<u>Gluten/Dairy Free</u> Coffee Cake Sausage <u>Vegan</u> Coffee Cake Vegan Sausage	<u>Gluten Free</u> Biscuits & Gravy Home Fries Scrambled Eggs <u>Dairy Free/Vegan</u> Biscuits & Gravy Home Fries Scrambled Tofu	<u>Gluten Free</u> Pancakes Syrup Bacon <u>Dairy Free/Vegan</u> Pancakes Syrup Vegan Bacon	<u>Gluten/Dairy Free</u> Frittata Hash Browns Sausage <u>Vegan</u> Scrambled Tofu Hash Browns Vegan Sausage	<u>Gluten/Dairy Free</u> Waffles Syrup Bacon <u>Vegan</u> Waffles Syrup Vegan Bacon
Lunch	<u>Changeover</u> Chef's Choice	<u>Gluten/Dairy Free</u> Grilled Chicken Buns & Fixings Potato Chips <u>Vegan</u> Chic'n Patty Buns & Fixings Potato Chips	<u>Gluten/Dairy Free</u> Beef Soft Tacos Fixings Spanish Rice <u>Vegan</u> Seasoned Soy Crumble Tacos Fixings Spanish Rice	<u>Gluten/Dairy Free</u> Steak Subs Fixings Peppers & Onions Potato Chips <u>Vegan</u> Veggie Burgers Buns & Fixings Peppers & Onions Potato Chips	<u>Gluten Free</u> Turkey Bacon Panini Fritos <u>Dairy Free</u> Turkey Club Fritos <u>Vegan</u> Grilled Vegetable Panini Fritos	<u>Gluten/Dairy Free</u> Chicken Tenders Pasta Salad <u>Vegan</u> Chic'n Tenders Pasta Salad	<u>Gluten/Dairy Free</u> Calzones Broccoli Tops Dip <u>Vegan</u> Calzones Broccoli Tops Dip
Dinner	<u>Gluten/Dairy Free/Vegan</u> Pasta Chickpeas in Red Sauce Roasted Broccoli Garlic Bread Brownies	<u>Gluten/Dairy Free</u> Turkey Tips Rice Cornbread Corn on the Cob Apple Crisp <u>Vegan</u> Grilled BBQ Tofu Rice Cornbread Corn on the Cob Apple Crisp	<u>Gluten Free</u> Pasta Meatballs/Sausage Primavera Vegetables Cheesecake <u>Dairy Free/Vegan</u> Spaghetti Sausage Primavera Vegetables Cheesecake	<u>Gluten/Dairy Free</u> Roast Pork Roasted Potatoes Maple Glazed Carrots Blueberry Crisp <u>Vegan</u> Cauliflower Steak Roasted Potatoes Maple Glazed Carrots Blueberry Crisp	<u>Gluten/Dairy Free</u> Meatloaf Baked Potatoes Corn Chocolate Cream Pie <u>Vegan</u> "Meatloaf" Baked Potatoes Corn Chocolate Cream Pie	<u>Gluten/Dairy Free</u> Sweet & Sour Chicken Fried Rice Stir Fry Veggies Cake <u>Vegan</u> Sweet & Sour Tofu Veggie Spring Roll Fried Rice Stir Fry Veggies Cake	<u>Cookout</u> <u>Gluten/Dairy Free/Vegan</u> Burgers & Dogs Buns & Fixings Potato Salad Baked Beans Watermelon Cookies
Snacks	There will be snacks at mid-morning and bedtime, as well as fresh fruit and graham crackers available 24/7.						

CAMP TAKODAH MENU – WEEK 2 (SPECIAL DIETS)

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	<p><u>Gluten Free</u> English Muffin Sandwich Breakfast Potatoes</p> <p><u>Dairy Free/Vegan</u> Bagel Sandwich Breakfast Potatoes</p>	<p><u>Gluten/Dairy Free</u> Cinnamon Rolls Bacon</p> <p><u>Vegan</u> Cinnamon Rolls Scrambled Tofu</p>	<p><u>Gluten/Dairy Free/Vegan</u></p> <p>Breakfast Pizza Home Fries</p>	<p><u>Gluten/Dairy Free</u> Stuffed Hash Browns Bacon</p> <p><u>Vegan</u> Stuffed Hash Browns Vegan Bacon</p>	<p><u>Gluten/Dairy Free</u> Scrambled Eggs Grilled Ham Hash Browns</p> <p><u>Vegan</u> Scrambled Tofu with Veggies Hash Browns</p>	<p><u>Gluten/Dairy Free</u> Strata Sausage</p> <p><u>Vegan</u> French Toast Sticks Syrup Vegan Sausage</p>	<p><u>Changeover</u> Chef's Choice</p>
Lunch	<p><u>Gluten/Dairy Free/Vegan</u></p> <p>Chicken Nuggets Veggie Sticks</p>	<p><u>Gluten Free</u> Meatball Sandwich Italian Pasta Salad</p> <p><u>Dairy Free/Vegan</u> "Meatball" Subs Italian Pasta Salad</p>	<p><u>Gluten/Dairy Free</u> Chicken Soft Tacos Fixings Spanish Rice</p> <p><u>Vegan</u> Black Bean Tacos Fixings Spanish Rice</p>	<p><u>Gluten Free</u> Hot Dogs Macaroni & Cheese</p> <p><u>Dairy Free/Vegan</u> Veggie Dogs Mac & Cheese</p>	<p><u>Gluten/Dairy Free</u> Hamburgers Buns & Fixings Potato Chips</p> <p><u>Vegan</u> Veggie Burgers Buns & Fixings Potato Chips</p>	<p><u>Gluten/Dairy Free/Vegan</u> Grilled Cheese Sandwiches Tomato Soup Tater Tots Homemade Pickles</p>	<p><u>Changeover</u> Chef's Choice</p>
Dinner	<p><u>Gluten Free</u> Penne with Pesto Roasted Broccoli with Cheese Sauce Garlic Bread Ice Cream Cups</p> <p><u>Dairy Free/Vegan</u> Penne with Vegan Pesto & Cannellini Roasted Broccoli Garlic Bread Sorbet</p>	<p><u>Gluten/Dairy Free</u> Ribs & Pulled Pork Cole Slaw Sweet Potato Wedges Honey Cornbread Cake</p> <p><u>Vegan</u> Oven Fried Cauliflower Fritter Cole Slaw Sweet Potato Wedges Honey Cornbread Cake</p>	<p><u>Gluten/Dairy Free</u> Chicken Parmesan Pasta Summer Squash Sauté Rocket Pops</p> <p><u>Vegan</u> Eggplant Parmesan Pasta Summer Squash Sauté Rocket Pops</p>	<p><u>Gluten/Dairy Free</u> Roasted Turkey Mashed Potatoes Stuffing Green Beans Apple Crisp</p> <p><u>Vegan</u> Roasted Tofurkey Mashed Potatoes Stuffing Green Beans Apple Crisp</p>	<p><u>Gluten/Dairy Free</u> Chicken Enchilada Casserole Spanish Rice Mexican Street Corn Churros</p> <p><u>Vegan</u> Black Bean Enchilada Casserole Spanish Rice Mexican Street Corn Churros</p>	<p><u>Gluten/Dairy Free/Vegan</u> Assorted Pizzas Chips Cookies</p>	<p><u>Changeover</u> Chef's Choice</p>
Snacks	There will be snacks at mid-morning and bedtime, as well as fresh fruit and graham crackers available 24/7.						