

M E N U

SATURDAY, AUGUST 4

▪ Dinner ▪

Three bean fire-roasted chili *(vegetarian base)*
Home-smoked chopped beef brisket *(served alongside)*
Honey cornbread
Coleslaw

SUNDAY, AUGUST 5

▪ Breakfast ▪

Hot miso broth with kale
Oatmeal / Porridge / Cereal Bar
Hard boiled eggs
Assorted breads and tortillas *(some gluten free)*, butter, jam / jelly
Assorted seasonal fruit
Juice, coffee, milk *(whole, low fat, ½ and ⅓)*, nut milks *(rice, coconut, almond)*

▪ Lunch ▪

Sandwich Bar - *served with assorted breads (some gluten free), cold cuts, lettuce, tomato, cheese, sliced red onion*
Grilled portobello mushrooms and eggplant *(vegetarian option)*
Asian tofu salad
Green salad

▪ Dinner ▪

DIY Pasta Bar
Fettuccini with three sauces: marina, Alfredo, basil-spinach-pumpkin seed pesto
Turkey basil meatballs
Caprese salad *(mozzarella, tomatoes, fresh basil leaves, olive oil)*
Baked garlic bread & seeded gluten-free bread (4)

MONDAY, AUGUST 6

▪ Breakfast ▪

Hot miso broth with kale
Oatmeal / Porridge / Cereal Bar
Hard boiled eggs
Assorted breads *(some gluten free)*, butter, jam / jelly
Assorted seasonal fruit
Juice, coffee, milk *(whole, low fat, ½ and ⅓)*, nut milks *(rice, coconut, almond)*

▪ Lunch ▪

Oven-baked lamb patties and *falafel* *(served with pita and lettuce wraps, cucumber, tomato, olives, feta)*
Toasted cheese sandwiches and tomato soup for kids and teens
Quinoa *tabouleh*
Green salad

▪ Dinner ▪

Grilled chicken with jerk seasoning and fresh *salsa verde*
Grilled tofu with jerk seasoning *(vegetarian option)*
Oven-roasted fingerling potatoes with lemon
Seared green beans
Caesar salad

TUESDAY, AUGUST 7

▪ Breakfast ▪

Hot miso broth with kale
Oatmeal / Porridge / Cereal Bar
Hard boiled eggs
Assorted breads *(some gluten free)*, butter, jam / jelly
Assorted seasonal fruit
Juice, coffee, milk *(whole, low fat, ½ and ⅓)*, nut milks *(rice, coconut, almond)*

▪ Lunch ▪

Noodle-free Minestrone
Three Sandwich Bar - *Rueben, Mexican-style egg salad, & white bean spread*
Big spinach salad *(baby spinach, green beans, balsamic garlic vinaigrette)*

▪ Dinner ▪

DIY Taco Bar
Three fillings: *Carne asada*, Swiss chard & pinto bean, and grilled *jalapeño*-smoked tofu
Fresh cabbage slaw with lime & cilantro
Two homemade salsas: red & green
Cheeses: *Cotija & 4-cheese blend (Cheddar, Monterey Jack, Queso Quesadilla, Asadero)*
Tortillas: corn & flour

WEDNESDAY, AUGUST 8

▪ Break-fast-n-Go-Go-Go! ▪

Hot miso broth with kale
Oatmeal / Porridge / Cereal Bar
Hard boiled eggs
Assorted breads *(some gluten free)*, butter, jam jelly
Assorted seasonal fruit
Juice, coffee, milk *(whole, low fat, ½ and ⅓)*, nut milks *(rice, coconut, almond)*

PANTRY

SPREADS & CONDIMENTS

Mayonnaise
 Aioli
 Vegan-aise
 Dijon mustard
 Olive *tapenade*
 Homemade *sauerkraut*, *kimchi* & other assorted fermented *veggies*
 Coleslaw
 Pickled red onions
 Pickles
Pepperoncini
 Salad dressings: Yogurt Ranch, Curry, Balsamic, *Vinaigrette* of the day

SALAD FIXIN'S

Greens: Romaine, spinach, arugula, baby spicy greens, cabbage
 Roasted beets in a citrus vinaigrette
 Toasted pumpkin seeds
 Shredded carrots
 Jicama
 Olives
 Tomatoes
 Cheeses: Feta, Monterey Jack, Parmesan
 Hard boiled eggs
 Cooked beans (*garbanzo*, *kidney*, *cannellini*, etc.)
 Red bell pepper

DELI MEATS & CHEESE

Oven-roasted sliced turkey
 Black Forest Ham
 Beef pastrami
 Cheddar / Provolone / Pepper Jack

SNACKS

Seasonal *crudités* and cheese platters
 Dips: *hummus*, eggplant-walnut, yogurt-pesto, caramelized onion-spinach (cream cheese base) served with pita bread and Mary's Gone crackers
 PBJ Station (almond butter) - *gluten-free breads available on request*
Nachos: salsa, shredded cheese, seasoned veggies (corn, onion, bell pepper, etc.), *pico de gallo*
Quesadillas
 Seasonal fruit
 Granola / Seed / Nut bars
 Assorted macaroons (*gluten free*)
 Popcorn with nutritional yeast, *chipotle*-cumin salt
 Quick breads: banana, carrot, zucchini
 Pasta salad / Potato salad / Egg salad

WEE BITTY DAILY SPECIAL SNACKS

Seasonal fruit
 Mini Sandwiches
 Quick breads
 Cheese and crackers

DESSERTS

Gingerbread cakes
 Fresh fruit cobblers, grunts, Betties, and slumps with whipped cream
 Quick breads (*zucchini*, *banana*, *carrot*, etc.)
 Fresh baked cookies: oatmeal raisin, chocolate chip, snickerdoodle, molasses ginger snaps

DAILY BEVERAGES

Infused waters, *aguas frescas*, hot teas

TALENT SHOW TREATS

Special Talent Show treats and lychees.