




Summer Menu 2024

Camp Newman is a **nut free** community. **Gluten free, dairy free, and vegan** options are always available. Our kitchen team will always do our best to make sure every camper with any diet is well fed throughout their stay!

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfasts	Welcome to Camp!	Cinnamon Swirl French Toast	Buttermilk Pancakes	Breakfast Burrito Bar	Coffee Cake & Pastries	Egg in a Hole	“Mini” Breakfast
Lunches	We are SO glad to see YOU!	Macaroni & Cheese	Chicken Patty Sandwiches	Grilled Cheese & Tomato Soup	Sloppy Joes with Corn Avocado & Tomato Salad	Turkey Corn Dogs + Vegan Chili	Chicken Burgers & Curly Fries
Dinners	Spaghetti & Meatballs	Enchiladas with Pinto Beans & Tomato Rice	Tortellini with Marinara & Pesto	Shabbat Roasted Chicken Dinner	Pizza Party on the Upper Field!	Orange Chicken & White Rice	Cheese Lasagna & Caesar Salad
Special Diets	Plant Based “Meatballs”, GF Pasta	GF Bread, Vegan “Cheese”, GF Pasta	GF + Vegan Pancakes, Vegetarian “Chicken” Patties”, GF Tortellini	Vegan “Cheese”, Gluten Free Bread, Eggplant Tofu Marinara	GF + Vegan Pastries, Plant Based Sloppy Joes, GF Buns, GF + Vegan Pizza	Vegan Corn Dogs, GF Chicken Sausage, Fried Tofu	Plant Based Burgers, Vegan Cheese, GF Pasta



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	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13
Breakfasts	Belgian Waffles	Breakfast Sandwiches	French Toast Sticks	Cheese Blintzes & Berries	Coffee Cake & Pastries	Bagels & Cream Cheese
Lunches	Chicken Tenders & French Fries	Cheese Pizza Bagels with Veggies & Ranch	Chicken Shawarma & Israeli Salad	Cheese Quesadillas with Refried Beans & Mexican Rice	Hawaiian BBQ Chicken & Jasmine Rice	See you next summer at Camp!
Dinners	Chow Mein with Vegetable Egg Rolls	Grilled Chicken Tacos with Guacamole	Peruvian Beef Stir Fry with Cilantro Lime Rice	Shabbat Roasted Chicken Dinner	BBQ on the Upper Field, Burgers and Hot Dogs!	
Special Diets	GF + Vegan Waffles, Vegan Tenders, GF Tenders, Rice Noodles	Vegan Cheese, GF Bagels, Vegan Ranch, Plant Based "Beef" Tacos	Vegan GF Falafel, Stir Fried Mushrooms + Tofu	GF + Vegan Pancakes, Vegan Cheese, GF Corn Tortillas, Eggplant Tofu Marinara	GF + Vegan Pastries, Grilled Teriyaki Mushrooms, Plant Based Burgers + Dogs	Always Available: Oat Milk, Soy Milk, GF Breads, Vegan + GF Daily Dessert/Snack Alternatives