



Summer Menu 2023

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	Cheese & Veggie Quiche	Biscuits & "Sausage" Gravy
Lunches	We are SO glad to see YOU!	Macaroni & Cheese	Chicken Patty Sandwiches	Grilled Cheese & Tomato Soup	Corn Dogs & Curly Fries	Vegetarian Chili & Cornbread	Turkey Burgers & Hamburgers
Dinners	Spaghetti & Plant Based Meatballs	Chicken Enchiladas with Beans & Rice	Tortellini with Marinara & Pesto	Shabbat Roasted Chicken Dinner	Pizza Party on the Upper Field!	Orange Chicken & Rice	Cheese Lasagna & Caesar Salad

	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 & Zucchini Fries	Chicken Shawarma & Israeli Salad	Cheese Quesadillas with Beans & Rice	Hawaiian BBQ Chicken & Rice	See you next summer at Camp!
Dinners	Veggie Rice Noodle Pad Thai with Edamame	Grilled Chicken Tacos with Guacamole	Classic Meatloaf & Mashed Potatoes	Shabbat Roasted Chicken Dinner	BBQ on the Upper Field, Burgers and Hot Dogs!	