



# RAVENS SUMMER CAMPS

## LUNCH MENU ///

WEEK 1, 4, 7	WEEK 1 (JUNE 29 - JULY 3)		WEEK 4 (JULY 20 - JULY 24)	WEEK 7 (AUGUST 10 - AUGUST 14)	
Entrée	Monday	Tuesday	Wednesday	Thursday	Friday
Veg/Vegan	Honey Garlic Chicken	Chicken Burgers	Meatballs	Shepherd's Pie	BBQ chicken
	Mashed Potatoes	Fries	Rice		Potato Wedges
	Broccoli	Carrots	Green Beans	Corn	Carrots
	Tofu Cacciatore Pasta Tomato Sauce	Blackbean Burgers Pasta Tomato Sauce	BBQ Plant Based Meatballs Pasta Tomato Sauce	Vegan Shepherd's Pie Pasta Tomato Sauce	Lentil Bolognese Pasta Tomato Sauce
WEEK 2, 5, 8	WEEK 2 (JULY 6 - JULY 10)		WEEK 5 (JULY 27 - JULY 31)	WEEK 8 (AUGUST 17 - AUGUST 21)	
Entrée	Monday	Tuesday	Wednesday	Thursday	Friday
Veg/Vegan	Shawarma Chicken	Chicken Balls	Beef Taco	Teriyaki Chicken	Sloppy Joe
	Roasted Potato	Vegetable Fried Rice		Rice	Sweet Potato Fries
	Primavera Vegetable Mix	Green Beans	Carrots	Cauliflower	Green Beans
	Marrakesh Chickpea Stew Pasta Tomato Sauce	Egg Rolls Pasta Tomato Sauce	Seven Bean Chili Pasta Tomato Sauce	Coconut Chickpea Curry Pasta Tomato Sauce	Red Lentil Dal with Rice Pasta Tomato Sauce
WEEK 3, 6, 9	WEEK 3 (JULY 13 - JULY 17)		WEEK 6 (AUGUST 4 - AUGUST 7)	WEEK 9 (AUGUST 24 - AUGUST 28)	
Entrée	Monday	Tuesday	Wednesday	Thursday	Friday
Veg/Vegan	Tandoori Chicken	Hamburger	Herbed Roasted Chicken	Chicken Nuggets	Fish & Chips
	Jasmine Rice	Fries	Basmati Rice	Roasted Potatoes	
	Broccoli	Green Beans	Steamed Vegetables	Cauliflower	Carrots
	Chana Masala Pasta Tomato Sauce	Lentil Sloppy Joe Pasta Tomato Sauce	Cauliflower Lentil Curry Pasta Tomato Sauce	ChikN Nuggets Pasta Tomato Sauce	Tofu with Mixed Vegetables Pasta Tomato Sauce
WEEKLY	Monday	Tuesday	Wednesday	Thursday	Friday
Salad Bar	Vinaigrette Coleslaw	Macaroni Salad	Potato Salad	Creamy Coleslaw	Caesar Salad
	Spring Mix	Spring Mix	Spring Mix	Spring Mix	Spring Mix
	Cucumber	Cucumber	Cucumber	Cucumber	Cucumber
	Tomatoes	Tomatoes	Tomatoes	Tomatoes	Tomatoes
	Broccoli	Broccoli	Broccoli	Broccoli	Broccoli
	Carrot Sticks	Carrot Sticks	Carrot Sticks	Carrot Sticks	Carrot Sticks
	Celery Sticks	Celery Sticks	Celery Sticks	Celery Sticks	Celery Sticks
	Boiled Eggs	Boiled Eggs	Boiled Eggs	Boiled Eggs	Boiled Eggs
	Peppers	Peppers	Peppers	Peppers	Peppers
	Olives	Olives	Olives	Olives	Olives
Beans (Chickpeas, Kidney, Black Beans)	Beans (Chickpeas, Kidney, Black Beans)	Beans (Chickpeas, Kidney, Black Beans)	Beans (Chickpeas, Kidney, Black Beans)	Beans (Chickpeas, Kidney, Black Beans)	
Ranch	Ranch	Ranch	Ranch	Ranch	
Balsamic	Balsamic	Balsamic	Balsamic	Balsamic	
Sandwiches	Ham & Cheese	Ham & Cheese	Ham & Cheese	Ham & Cheese	Ham & Cheese
	Turkey	Turkey	Turkey	Turkey	Turkey
Beverages	Egg Salad	Tuna Salad	Egg Salad	Tuna Salad	Egg Salad
	Chocolate Milk	Chocolate Milk	Chocolate Milk	Chocolate Milk	Chocolate Milk
	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk
Desserts	Water	Water	Water	Water	Water
	Juice	Juice	Juice	Juice	Juice
	Oatmeal Raisin Cookie	Chocolate Chip Cookie	Double Chocolate Cookie	Oatmeal Raisin Cookie	Chocolate Chip Cookie
Fruits	Brownie	Rice Krispie Square	Brownie	Rice Krispie Square	Brownie
	Apples, Oranges, Bananas, Melons / Seasonal Fruit rotation				
Legend:	Halal	Vegan	No Gluten	Vegetarian (Lacto-Ovo)	