

Hampton

COUNTRY DAY CAMP

MENU 2011

WHAT'S COOKIN'

JULY

AUGUST

NEW!
Post Camp

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

<p>JUNE 27 Baked CHICKEN TENDERS with Dipping Sauces & Sliced Veggies</p>	<p>28 Multi Grain Pasta Primavera with Mozzarella Salad & Garlic Bread</p>	<p>29 CHEESE PIZZA with Fresh Green Salad</p>	<p>30 <i>Deli Day</i> Sliced Meats & Cheeses on Whole Grain Breads with Zesty Health Salad</p>	<p>STARS & STRIPES BBQ Hamburgers, Veggie Burgers & Hot Dogs with Fresh Corn Salad</p>
<p>4 HAPPY 4TH OF JULY NO CAMP TODAY!</p>	<p>5 Chicken or Cheese QUESADILLAS with Homemade Salsa</p>	<p>6 PIZZA SLICE with Chopped Salad</p>	<p>7 TURKEY MEATBALL HERO with Salad</p>	<p>8 MAD LAB BBQ Hamburgers, Veggie Burgers & BBQ Chicken w/ Coleslaw and Watermelon</p>
<p>11 Whole Wheat <i>Grilled Cheese</i> Plain or Tomato</p>	<p>12 Brunch 4 Lunch Waffles with Fresh Fruit and Yogurt Toppings & Turkey Sausages</p>	<p>13 PIZZA WEDGE with Caesar Salad</p>	<p>14 CHICKEN & VEGGIE TERIYAKI with Brown Rice</p>	<p>15 SHOWTIME BBQ Hamburgers, Veggie Burgers & Hot Dogs with Summer Tomato Salad</p>
<p>18 Grilled <i>Chicken Parmesan</i> with Salad</p>	<p>19 Baked MAC & CHEESE with Fresh Cut Veggies</p>	<p>20 CHEESE PIZZA with Tossed Green Salad</p>	<p>21 Turkey TACOS with Shredded Lettuce, Cheese & Tomato</p>	<p>Big Splash BBQ Hamburgers, Veggie Burgers & BBQ Chicken with Veggie Orzo Salad & Watermelon</p>
<p>JULY 25 Baked Ziti with Garden Salad & Garlic Sticks</p>	<p>26 Chicken FAJITAS with Seasoned Brown Rice & Mexican Toppings</p>	<p>27 PIZZA SLICE with Chopped Salad</p>	<p>28 GRILLED chicken wraps with Dipping Sauce</p>	<p>29 AbraCadabra BBQ Hamburgers, Veggie Burgers & Hot Dogs with Dill Cucumber Salad</p>
<p>1 <i>Hero Day</i> Sliced Meats & Cheeses on Whole Grain Rolls with Fresh Health Salad</p>	<p>2 Whole Grain PASTA served with a choice of Sauces & Green Salad</p>	<p>3 PIZZA WEDGE with Caesar Salad</p>	<p>4 Baked CHICKEN TENDERS with Dipping Sauces & Sliced Veggies</p>	<p>5 BIG TOP BBQ Hamburgers, Veggie Burgers & BBQ Chicken w/ Summer Tomato Salad</p>
<p>8 Roast chicken with Baked Potato Wedges</p>	<p>9 TURKEY MEATBALL HERO with Salad</p>	<p>10 CHEESE PIZZA with Tossed Green Salad</p>	<p>Breakfast Buffet Buttermilk Pancakes with Fresh Fruit and Yogurt Toppings & Turkey Sausages</p>	<p>BROADWAY BBQ Hamburgers, Veggie Burgers & Hot Dogs with Homemade Coleslaw</p>
<p>15 CHEESE TORTELLINI with Assorted Sauces & Tossed Side Salad</p>	<p>16 Soft Shell Turkey TACOS with Shredded Lettuce, Cheese & Tomato</p>	<p>17 PIZZA SLICE with Chopped Salad</p>	<p>18 Whole Wheat <i>Grilled Cheese</i> Plain or Tomato</p>	<p>19 Starfish Licious Buffet</p>
<p>AUGUST 22 Baked CHICKEN TENDERS with Dipping Sauces & Sliced Veggies</p>	<p>23 Baked Ziti with Garden Salad</p>	<p>24 PIZZA WEDGE with Caesar Salad</p>	<p>25 Chicken or Cheese QUESADILLAS with Homemade Salsa</p>	<p>Tropical Luau BBQ Hamburgers, Veggie Burgers & BBQ Chicken with Red Bliss Potato Salad and Watermelon</p>
<p>29 GRILLED chicken wraps with Dipping Sauce</p>	<p>30 Breakfast 4 Lunch Waffles with Fresh Fruit and Yogurt Toppings & Turkey Sausages</p>	<p>31 CHEESE PIZZA with Tossed Green Salad</p>	<p>Baked SEPT 1 MAC & CHEESE with Fresh Cut Veggies</p>	<p>FAREWELL FEAST Hamburgers, Veggie Burgers & Hot Dogs with Fresh Corn Salad</p>

Daily Fruit Bar

Apples, Peaches, Plums, Bananas, Nectarines, Pears & Oranges.



Daily Salad Bar

Fresh & Locally Grown Lettuce, Tomatoes, Cukes, Peppers, Broccoli, Tuna Salad, Egg Salad, Cottage Cheese, Assorted Dressings & More!



Daily Sandwich Bar

Assorted Cheeses, Sliced Turkey, Kosher Salami, Whole Grain Breads, Wraps & Bagels!

Once per week on the...

HCDC BBQ

BBQ Chicken, Beef Burgers, Veggie Burgers and Kosher Hot Dogs



Daily Pasta

Multi Grain Pasta with Mixed Veggies, Olive Oil & Parmesan Cheese.



DRINKS

Water, Apple Juice and Orange Juice



Daily Yogurt

in assorted flavors

Any questions? Email us at
fun@HamptonCountryDayCamp.com

*Menu subject to change based on availability