

# Hampton

COUNTRY DAY CAMP

## MENU 2019

### What's Cookin'

#### Daily Fresh Fruit Bar

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



#### Daily Salad Bar

Fresh & Locally Grown Lettuce, Tomatoes, Cukes, Peppers, Broccoli, Beans, Grains, Tuna Salad, Egg Salad, Cottage Cheese, Assorted Dressings, Homemade Fresh Veggie & Grain Salads (Barley, Couscous, Lentil, Quinoa) & More!



#### Daily Sandwich Bar

Assorted Sliced Cheeses, Turkey, Veggies, Kosher Meats (Pastrami, Salami & Turkey), Whole Grain Breads, Wraps & Bagels!



#### ONCE PER WEEK....

**PIZZA** Every Wednesday!\*

**BBQ** Every Friday! Turkey, Beef & Veggie Burgers and Kosher Hot Dogs\*

#### Daily Pasta

Multi Grain Pasta with Mixed Veggies and choice of Fresh Tomato Sauce or Olive Oil & Parmesan Cheese.



#### Drinks

Filtered Fresh Fruit Flavored Waters



#### Daily Yogurt

Organic brand yogurt available in assorted flavors.

All food is low in trans fats & prepared fresh daily.

Questions? Email us at [fun@HamptonCountryDayCamp.com](mailto:fun@HamptonCountryDayCamp.com)

\*Menu subject to change based on availability

According to the Suffolk County Department of Health, the HCDC camp directors and nurses must be made aware of all camper food allergies.

June-July

August

Post Camp

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>JUNE 24</b> SLICED GRILLED CHICKEN w/ Homemade Pearl Barley Salad	25 Plain or Tomato Whole Wheat <i>Grilled Cheese</i> w/Fresh Tomato Salad	26 <b>VEGGIE &amp; PLAIN PIZZA</b> with Greek Salad	27 Bow Tie Pasta With Broccoli & A Trio of Sauces & Antipasto Salad	28 <b>Fuzzy Friday BBQ</b> Beef, Turkey or Veggie Burgers & Hot Dogs with Watermelon
<b>JULY 1</b> BAKED POTATO BAR WITH ASSORTED TOPPING	2 <b>TURKEY TACOS BAR</b> with Spanish Rice & Black Bean & Corn Salad	3 <b>MARGHERITA PIZZA</b> with Kale & Apple Salad	4 <b>CAMP CLOSED</b> For July 4th	5 <b>Oh Say Can You See BBQ</b> Beef, Turkey or Veggie Burgers & Hot Dogs with Tomato Salad
8 <i>Breakfast Buffet</i> Pancakes, Fresh Fruit & Yogurt Toppings & Turkey Sausages	9 BAKED <b>Chicken Tenders</b> with Assorted Dipping Sauces & Summer Slaw	10 <b>STUFFED PIZZA STICKS</b> with Spring Mix	11 <b>Pasta Primavera</b> with Assorted Sauces	12 <b>IT'S SHOWTIME BBQ</b> Beef, Turkey or Veggie Burgers & Hot Dogs with Watermelon
15 <b>CHICKEN SLIDERS</b> with Homemade Coleslaw	16 <i>Spaghetti &amp; Meatballs</i> with Garlic Knots & Green Bean Salad	17 <b>PIZZA BAGELS</b> w/ Arugula Salad	18 <i>Veggie, Cheese &amp; Chicken Quesadillas</i> w/ Corn & Black Bean Salad	19 <b>NINJA KIDS BBQ</b> Beef, Turkey or Veggie Burgers & Hot Dogs with Pearl Barley Salad
22 <i>Turkey Meatballs</i> with Garlic Bread & Garbanzo Bean Salad	23 <b>ITALIAN ROASTED CHICKEN</b> with Cornbread and Spring Salad Mix	24 <b>PIZZA SLICE</b> with Classic Spinach Salad	25 Whole Grain Pasta & Veggies with Assorted Sauces & Caesar Salad	26 <b>SPOOKTACULAR BAKED MAC &amp; CHEESE</b> w/ Broccoli & Buffalo Chicken Salad
29 Whole Wheat <i>Grilled Cheese</i> with Tossed Mixed Green Salad	30 Grilled <b>Mediterranean Chicken</b> and Salad with Vegetable Couscous	31 <b>STUFFED PIZZA STICKS</b> with Raisin Apple Spring Mix	AUG 1 <i>Egg Noodles</i> with Broccoli & Panko Chicken	2 <b>BIG TOP BBQ</b> Beef, Turkey or Veggie Burgers & Hot Dogs with Salad Bar and Watermelon
5 <b>Breakfast 4 Lunch</b> Waffles w/ Assorted Fresh Fruit, Yogurt Toppings & Turkey Sausages	6 <b>TURKEY TACOS BAR</b> with Latin Rice & Black Bean & Corn Salad	7 <b>MARGHERITA PIZZA</b> with Green Salad	8 <b>Baked CHICKEN CUTLET</b> with Vegetable Quinoa & Health Salad	9 <i>On Broadway BBQ</i> Beef, Turkey or Veggie Burgers & Hot Dogs w/ Summer Bean Salad
12 BAKED <b>Mac &amp; Cheese</b> Broccoli & BBQ Chicken Salad	13 BAKED <b>Chicken Tenders</b> with Summer Slaw	14 <b>PIZZA BAGELS</b> w/ Caesar Salad	15 <b>BAKED POTATO BAR</b> WITH ASSORTED TOPPING	16 <b>Starfish A-Licious Buffet!</b>
19 <b>ITALIAN ROASTED CHICKEN</b> with Cornbread and Spring Salad Mix	20 <i>Breakfast Buffet</i> Pancakes, Fresh Fruit and Yogurt Toppings & Turkey Sausages	21 <b>VEGGIE &amp; PLAIN PIZZA</b> with Arugula Salad	22 <i>Egg Noodles</i> with Broccoli & Panko Chicken	23 <b>BBQ BASH</b> Beef, Turkey or Veggie Burgers & Hot Dogs with Watermelon
26 <i>Turkey Meatballs</i> with Spring Mix Salad	27 Plain or Tomato Whole Wheat <i>Grilled Cheese</i> w/ Cucumber Salad	28 <b>PIZZA SLICE</b> with Classic Spinach Salad	29 <b>CHICKEN SLIDERS</b> with Homemade Coleslaw	30 <b>Endless Summer Feast</b>