



**GESHER SUMMER CAMP
2010
LUNCH MENU
J and M Caterers**



For allergy and other menu questions, contact Michele: M@JANDMCATERS.COM

	Monday	Tuesday	Wednesday	Thursday	Friday
W K # 1	JUNE 28 Mac & Cheese	29 Pizza	30 Hawaiian Chicken Veg. Soy Lo Mein Sushi	JULY 1 Spaghetti & Meatballs	2 Veggie Tacos Guacamole, Salsa, Sour Cream
W K # 2	5 CAMP CLOSED	6 Hamburgers Veg. Burgers Shoe String Fries	7 Turkey & Salami Sandwiches Macaroni & Potato Salads	8 Pizza Bagels	9 Baked Ziti
W K # 3	12 Fish Sticks Mashed Potatoes	13 French Bread Pizza	14 Mac & Cheese	15 Veg. Stir Fry Lo Mein	16 French Toast Scrambled Eggs Yogurt Parfaits
W K # 4	19 Pizza Bagels	20 CAMP CLOSED	21 Hot Dogs Baked Beans	22 Chicken Nuggets Shoe String Fries	23 Fish Sticks Mashed Potatoes
W K # 5	26 Pizza	27 Egg Sandwiches Hash Browns	28 Hamburgers Veg. Burgers Macaroni Salad	29 BBQ Chicken Shoestring Fries	30 Veggie Tacos Guacamole, Cheese Salsa, Sour Cream
W K # 6	AUGUST 2 Chicken Nuggets Tater Tots	3 Pizza Bagels	4 Spaghetti & Meatballs	5 Hawaiian Chicken Orzo, Sushi	6 Grilled Cheese Tomato Soup
W K # 7	9 Hot Dogs Baked Beans	10 Fish Sticks Mashed Potatoes	11 Falafel/Sesame Free Hummus Beef Burekas Schnitzel Fingers	12 Baked Ziti	13 Pancakes Scrambled Eggs Yogurt Parfaits
W K # 8	16 Veg. Stir Fry Lo Mein Sweet & Sour Meatballs	17 Pizza	18 Chicken Nuggets Tater Tots	19 Turkey & Salami Sandwiches Macaroni & Potato Salads	20 Mac & Cheese LAST DAY CAMP

AVAILABLE DAILY:

Salad Bar: Caesar Salad, Iceberg Mix, Tomatoes, Cucumber, Corn, Edimome, Baby Corn, Carrots, Cheese (Dairy Days)

Tuna and Egg Salad with Low Fat Mayo

Plain Pasta, Sauce (on the side)

Soy Peanut Butter, Jelly, Cream Cheese & Cheese Cubes (available on dairy days only)

Lemonade, Iced Tea or Fruit Punch

ALL FOOD IS UNDER THE STRICT SUPERVISION OF THE VAAD HARABONIM OF METROWEST MASHGIACH TEMEDI