

# CAMP CAYUGA - SAMPLE MENU

Our cooks prepare 3 well-balanced, nutritious meals daily. All meats, fish, vegetables, and fruit are of the very best quality. Our menu is prepared by a licensed dietician and caters to individuals who are on a normal/standard diet, as well as vegetarians and those who are lactose intolerant. The menu changes daily and rotates every 2 weeks. We serve neither pork nor shellfish. Campers are encouraged to eat as much as they'd like, and no one ever leaves the dining hall hungry!

Special menus are not prepared for vegans or for any other extreme dietary restriction. Individuals with serious allergies, who cannot eat the camp's standard menu items, would be better served where special menus are available. Cayuga is not a nut-free or gluten-free camp.

Campers sit together with their cabin counselors at assigned tables during meal times. Campers on Teen Campus have the privilege of 'open seating' during lunch meals.

## FIRST 7 DAYS OF A 14-DAY ROTATING MENU

### DAY #1

#### **Breakfast**

Fresh Fruit  
Assorted Cereals  
(Cheerios, Corn Flakes, Rice Krispies, Fruit Loops, Cocoa Puffs, Wheaties, etc)  
Scrambled Eggs  
Hash Brown Patties  
Warm Corn Muffins  
Hot Oatmeal  
Toast, Jelly & Butter  
Yogurt Bar with toppings (granola, berries, etc)  
Milk, Hot Chocolate, Juices, Water, Coffee, Tea

#### **Lunch**

Hoagie Sandwiches (beef, turkey, chicken)  
Sliced Cheese (american,swiss)  
Chilled Apple Sauce  
Curly Fries & Cookies  
Beef Rice Soup with plain & oyster crackers  
Hot Pasta Bar  
Salad Bar (fresh fruit, cucumber salad, tuna salad, pasta salad)  
Peanut Butter & Jelly, and FlufferNutter  
Assorted Breads  
Fruit Drinks, Ice Tea, Water, Coffee, Tea

**VEGETARIAN OPTION:**  
**Pizza Bagels**

#### **Dinner**

Spaghetti  
Marinara Sauce  
Meatballs  
California Vegetable Blend  
Warm Garlic Bread Sticks  
Chocolate Brownies  
Hot Pasta Bar  
Complete Salad Bar with fruit  
Peanut Butter & Jelly  
Assorted Breads  
Parmesan Cheese  
Milk, Fruit Drinks, Water, Coffee, Tea

**VEGETARIAN OPTION:**  
**Spaghetti w Veggie Meatballs**

### DAY #2

#### **Breakfast**

Fresh Fruit  
Assorted Cereals  
(Cheerios, Corn Flakes, etc)  
Pancakes (plain & blueberry)  
Maple Syrup, Melted Butter  
Hard Boiled Eggs  
Steamed Bagels and Whipped Cream Cheese  
Hot Cream of Rice  
Yogurt Bar with toppings (granola, berries, etc)  
Milk, Hot Chocolate, Juices, Water, Coffee, Tea

#### **Lunch**

Grilled Cheese Sandwiches  
Grilled Chicken Strips  
Pierogies & Potato Chips  
Tomato Soup with plain & oyster crackers  
Hot Pasta Bar  
Salad Bar (fresh fruit, pasta salad, chicken salad, potato salad, etc)  
Peanut Butter & Jelly, and FlufferNutter  
Assorted Breads  
Fruit Drinks, Ice Tea, Water, Coffee, Tea

**VEGETARIAN OPTION:**  
**Grilled Cheese Sandwiches & Veggie Nuggets**

#### **Dinner**

Baked Chicken with gravy  
Cubed Roasted Potatoes  
Green Beans  
Warm Dinner Rolls  
Sherbet  
Hot Pasta Bar  
Complete Salad Bar with fruit  
Including fresh fruit  
Peanut Butter & Jelly  
Assorted Breads  
Milk, Fruit Drinks, Ice Tea, Water, Coffee, Tea

**VEGETARIAN OPTION:**  
**Stuffed Peppers, Tomato & Mozzarella Cheese**

### DAY #3

#### **Breakfast**

Fresh Fruit  
Assorted Cereals  
(Cheerios, Corn Flakes, etc)  
Baked Waffles  
Hot Syrup, Blueberry Topping  
Whip Cream, Melted Butter  
Hard Boiled Eggs  
Doughnuts  
Hot Cream of Wheat  
Yogurt Bar with toppings (granola, berries, etc)  
Milk, Hot Chocolate, Juices, Water, Coffee, Tea

#### **Lunch**

Beef Tacos  
Black Beans, Mexican Rice  
Soft & Hard Shells  
Tortilla Chips, Melted Cheese  
Chicken Noodle Soup with plain & oyster crackers  
Hot Pasta Bar  
Salad Bar (fresh fruit, tuna salad, turkey salad, pasta salad, etc)  
Peanut Butter & Jelly, and FlufferNutter  
Assorted Breads  
Fruit Drinks, Ice Tea, Water, Coffee, Tea

**VEGETARIAN OPTION:**  
**Veggie Tacos (veggie beyond meat - plant based)**

#### **Dinner**

Roast Turkey & Stuffing  
Steamed Whole Kernel Corn  
Mashed Potatoes, Gravy  
Cranberry Sauce  
Warm Dinner Rolls  
Cake & Ice Cream  
Hot Pasta Bar  
Complete Salad Bar with fruit  
Peanut Butter & Jelly  
Assorted Breads  
Milk, Fruit Drinks, Water, Coffee, Tea

**VEGETARIAN OPTION:**  
**Spinach & Cheese Ravioli**

### DAY #4

#### **Breakfast**

Fresh Fruit  
Assorted Cereals  
(Cheerios, Corn Flakes, Rice Krispies, Fruit Loops, Cocoa Puffs, Wheaties, etc)  
Scrambled Eggs  
Hash Brown Breakfast Cubes  
Warm Blueberry Muffins  
Hot Oatmeal  
Yogurt Bar with toppings (granola, berries, etc)  
Milk, Hot Chocolate, Juices, Water, Coffee, Tea

#### **Lunch**

Pizza (plain or with toppings)  
Fried Chicken Wings  
Mozzarella Sticks  
Pretzels  
Turkey Noodle with plain & oyster crackers  
Hot Pasta Bar  
Salad Bar (fresh fruit, cucumber salad, chicken salad, pasta salad, etc)  
Peanut Butter & Jelly, and FlufferNutter  
Assorted Breads  
Fruit Drinks, Ice Tea, Water, Coffee, Tea

**ALTERNATIVE OPTION:**  
**White Pizza**

#### **Outdoor Barbecue**

Hamburgers & Hot Dogs with sliced cheese, tomato, onion, lettuce, sauerkraut, relish, etc  
Baked Beans  
Corn on the Cobb  
Potato Salad, Tuna Salad, Pasta Salad, Coleslaw  
Watermelon  
Cookies (variety)  
Peanut Butter & Jelly  
Assorted Breads  
Fruit Drinks, Ice Tea, Water

**VEGETARIAN OPTION:**  
**Garden Burgers, Veggie Dogs**

### DAY #5

#### **Breakfast**

Fresh Fruit  
Assorted Cereals  
Texas French Toast  
Hot Maple Syrup, Blueberry Topping, Melted Butter  
Hard Boiled Eggs  
Steamed Bagels and Whipped Cream Cheese  
Hot Cream of Rice  
Jelly & Butter  
Yogurt Bar with toppings  
Milk, Hot Chocolate, Juices, Water, Coffee, Tea

#### **Lunch**

Chicken Tenders  
Glazed Carrots  
Herb Buttered Egg Noodles  
Rice Krispy Treats  
Corn Chips  
Vegetable Soup with plain & oyster crackers  
Hot Pasta Bar  
Salad Bar (fresh fruit, tuna salad, potato/pasta salad, etc)  
Assorted Breads  
Peanut Butter & Jelly, and FlufferNutter  
Fruit Drinks, Ice Tea, Water, Coffee, Tea

**VEGETARIAN OPTION:**  
**Veggie Patties on Bun**

#### **Dinner**

Baked Ziti  
Marinara with meat sauce  
Vegetable Medley  
Warm Garlic Bread  
Fruited Gelatin  
Hot Pasta Bar  
Complete Salad Bar with fruit  
Assorted Breads  
Peanut Butter & Jelly  
Milk, Fruit Drinks, Ice Tea, Water, Coffee, Tea

**VEGETARIAN OPTION:**  
**Baked Ziti with plain sauce**

### DAY #6

#### **Breakfast**

Fresh Fruit  
Assorted Cereals  
(Cheerios, Corn Flakes, etc)  
Pancakes (plain & choc chip)  
Maple Syrup, Melted Butter  
Hard Boiled Eggs  
Doughnuts  
Hot Oatmeal  
Yogurt Bar with toppings (granola, berries, etc)  
Milk, Hot Chocolate, Juices, Water, Coffee, Tea

#### **Lunch**

Minute Steak Hoagies  
Grilled Onions, Peppers, and Melted Cheese  
Fried Onion Rings  
Chilled Apple Sauce  
Cookies  
Turkey Noodle Soup with plain & oyster crackers  
Hot Pasta Bar  
Salad Bar (fresh fruit, tuna salad, chicken/pasta salad)  
Peanut Butter & Jelly, and FlufferNutter  
Assorted Breads  
Fruit Drinks, Ice Tea, Water, Coffee, Tea

**VEGETARIAN OPTION:**  
**Veggie Meatball Hoagies**

#### **Dinner**

Chicken Cutlet Parmesan  
Sweat Peas & Carrots  
Pasta or Rice Pilaf  
Chocolate Pudding  
Hot Pasta Bar  
Complete Salad Bar with fruit  
Peanut Butter & Jelly  
Assorted Breads  
Parmesan Cheese  
Milk, Fruit Drinks, Water, Coffee, Tea

**VEGETARIAN OPTION:**  
**Eggplant Parmesan**

### DAY #7

#### **Breakfast**

Fresh Fruit  
Assorted Cereals  
(Cheerios, Corn Flakes, Rice Krispies, Fruit Loops, Cocoa Puffs, Wheaties, etc)  
Scrambled Eggs  
Potato Tater Tots  
Warm Corn Muffins  
Hot Cream of Wheat  
Toast, Jelly & Butter  
Yogurt Bar with toppings (granola, berries, etc)  
Milk, Hot Chocolate, Juices, Water, Coffee, Tea

#### **Lunch**

Macaroni & Cheese  
Chicken Nuggets  
Steamed Broccoli Florets  
Potato Chips  
Chicken Noodle Soup with *plain & oyster crackers*  
Hot Pasta Bar  
Salad Bar (fresh fruit, chicken salad, potato salad, cucumber salad, etc)  
Peanut Butter & Jelly, and FlufferNutter  
Assorted Breads  
Fruit Drinks, Ice Tea, Water, Coffee, Tea

**VEGETARIAN OPTION:**  
**Mac & Cheese with Veggie Nuggets**

#### **Dinner**

Orange Chicken Stir Fry  
Chinese Fortune Cookies  
Oriental Sir Fried Vegetables  
White Rice  
Chocolate Brownies  
Hot Pasta Bar  
Complete Salad Bar with fruit  
Peanut Butter & Jelly  
Assorted Breads  
Milk, Fruit Drinks, Ice Tea, Water, Coffee, Tea

**VEGETARIAN OPTION:**  
**Vegetable Stir Fry with veggie pulled chunks (plant based)**