

# CAMP CAYUGA - SAMPLE MENU

The chefs 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 and individuals with celiac disease or 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  
Home Fries  
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  
Pierogies  
Chicken Noodle Soup with plain & oyster crackers  
Salad Bar (fresh fruit, cucumber salad, tuna salad, pasta salad)  
Peanut Butter & Jelly, and FlufferNutter, Cookies  
Assorted Breads  
Fruit Drinks, Ice Tea, Water, Coffee, Tea  
*VEGETARIAN OPTION:*  
Chickpea Salad Hoagie

#### **Dinner**

Spaghetti  
Marinara Sauce  
Meatballs  
California Vegetable Blend  
Warm Bread Sticks  
Chocolate Brownies  
Salad Bar with fresh fruit,  
Peanut Butter & Jelly  
Assorted Breads & butter  
Parmesan Cheese  
Milk, Fruit Drinks, Water, Coffee, Tea  
*VEGETARIAN OPTION:*  
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  
French Fries or Tater Tots  
Tomato Soup with plain & oyster crackers  
Salad Bar (fresh fruit, pasta salad, chicken salad, potato salad, etc)  
Peanut Butter & Jelly, and FlufferNutter  
Cheese Doodles  
Assorted Breads  
Fruit Drinks, Ice Tea, Water, Coffee, Tea  
*VEGETARIAN OPTION:*  
Veggie Patties on Bun

#### **Dinner**

Roast Turkey & Stuffing  
French Style Green Beans  
Mashed Potatoes, Gravy  
French-Style Green Beans  
Cranberry Sauce  
Warm Dinner Rolls  
Cake & Ice Cream  
Salad Bar with fresh fruit  
Peanut Butter & Jelly  
Assorted Breads & butter  
Milk, Fruit Drinks, 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  
Apple Muffin Sheet Cake  
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  
Turkey Noodle Soup with plain & oyster crackers  
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:*  
Refried Bean Tacos

#### **Dinner**

Chicken Cutlet Parmesan  
Marinara Sauce  
Sweet Peas & Carrots  
Pasta or Rice Pilaf  
Chocolate Pudding  
Salad Bar with fresh fruit  
Peanut Butter & Jelly  
Assorted Breads & butter  
Parmesan Cheese  
Milk, Fruit Drinks, Water, Coffee, Tea  
*VEGETARIAN OPTION:*  
Eggplant Parmesan

### DAY #4

#### **Breakfast**

Fresh Fruit  
Assorted Cereals  
(Cheerios, Corn Flakes, Rice Krispies, Fruit Loops, Cocoa Puffs, Wheaties, etc)  
Breakfast Wraps  
Hash Browns  
Doughnuts  
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  
Steamed Fresh Broccoli  
Beef Vegetable Soup with plain & oyster crackers  
Salad Bar (fresh fruit, cucumber salad, chicken salad, pasta salad, etc)  
Peanut Butter & Jelly, and FlufferNutter  
Assorted Breads  
Potato Chips  
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 & butter  
Fruit Drinks, Ice Tea, Water  
*VEGETARIAN OPTION:*  
Garden Burgers, Veggie Dogs

### DAY #5

#### **Breakfast**

Fresh Fruit  
Assorted Cereals  
Texas French Toast  
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 (granola, berries, etc)  
Milk, Hot Chocolate, Juices, Water, Coffee, Tea

#### **Lunch**

Chicken Caesar Wraps  
Chopped Romaine Lettuce w Caesar Salad Dressing  
Glazed Carrots  
Herb Buttered Egg Noodles  
Chicken Rice Soup with plain & oyster crackers  
Salad Bar (fresh fruit, tuna salad, potato/pasta salad, etc)  
Tortilla Wraps, Assorted Bread  
Peanut Butter & Jelly, and FlufferNutter, Corn Chips  
Fruit Drinks, Ice Tea, Water, Coffee, Tea  
*VEGETARIAN OPTION:*  
Hummus & Veggie Wraps

#### **Dinner**

Baked Ziti  
Marinara with meat sauce  
Vegetable Medley  
Warm Garlic Bread  
Fruited Gelatin  
Complete Salad Bar including fresh fruit  
Assorted Breads & butter  
Peanut Butter & Jelly  
Milk, Fruit Drinks, Ice Tea, Water, Coffee, Tea  
*VEGETARIAN OPTION:*  
Spinach & Cheese Ravioli

### DAY #6

#### **Breakfast**

Fresh Fruit  
Assorted Cereals  
(Cheerios, Corn Flakes, Rice Krispies, Fruit Loops, Cocoa Puffs, Wheaties, etc)  
Scrambled Eggs  
Potato Tater Tots  
Hot Cream of Wheat  
Toast, Jelly & Butter  
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  
Turkey Noodle Soup with plain & oyster crackers  
Salad Bar (fresh fruit, tuna salad, chicken/pasta salad, etc)  
Peanut Butter & Jelly, and FlufferNutter  
Assorted Breads, Pretzels  
Fruit Drinks, Ice Tea, Water, Coffee, Tea  
*VEGETARIAN OPTION:*  
Veggie Meatball Hoagies

#### **Dinner**

Baked Chicken with gravy  
Cubed Roasted Potatoes  
Herb Roasted Carrots  
Warm Dinner Rolls  
Cake & Ice Cream  
Complete Salad Bar including fresh fruit  
Peanut Butter & Jelly  
Assorted Breads & butter  
Milk, Fruit Drinks, Ice Tea, Water, Coffee, Tea  
*VEGETARIAN OPTION:*  
Veggie Egg Quiche

### DAY #7

#### **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 Oatmeal  
Yogurt Bar with toppings (granola, berries, etc)  
Milk, Hot Chocolate, Juices, Water, Coffee, Tea

#### **Lunch**

Macaroni & Cheese  
Chicken Nuggets  
Steamed Fresh Broccoli  
Chicken Noodle Soup with plain & oyster crackers  
Salad Bar (fresh fruit, chicken salad, potato salad, cucumber salad, etc)  
Peanut Butter & Jelly, and FlufferNutter  
Assorted Breads  
Cookies (variety)  
Fruit Drinks, Ice Tea, Water, Coffee, Tea  
*VEGETARIAN OPTION:*  
Veggie Nuggets

#### **Dinner**

Beef Fajitas and grilled peppers & onions  
Tortilla Wraps  
Black Beans  
Mexican Rice  
Tortilla Chips, Melted Cheese  
Peach Cobbler  
Salad Bar with fresh fruit  
Peanut Butter & Jelly  
Assorted Breads & butter  
Milk, Fruit Drinks, Ice Tea, Water, Coffee, Tea  
*VEGETARIAN OPTION:*  
Bean Burritos, Rice, Tomato, Cheese