

Peconic Dunes Camp Overnight + Day Camp Menu Week 1, 2023

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	<u>Beverages</u> Coffee, Tea, Juice, Milk, Soy Milk <u>Main Meal</u> Specialty Scramble Croissants or Bagels Hashbrowns Fruit & Yogurt Cereal	Coffee, Tea, Juice, Milk, Soy Milk <u>Main Meal</u> Pancakes Turkey Bacon <u>Fruit</u> Yogurt Cereal <u>Veggie/Alts</u> Veggie Sausages Oatmeal	<u>Beverages</u> Coffee, Tea, Juice, Milk, Soy Milk <u>Main Meal</u> Scrambled Eggs Hash Browns Bagels <u>Fruit</u> Yogurt Cereal <u>Veggie Meal/Alts</u> Tofu Scramble Veggie Sausage Oatmeal	<u>Beverages</u> Coffee, Tea, Juice, Milk Soy Milk <u>Main Meal</u> Waffles Turkey Sausage <u>Fruit</u> Yogurt Cereal <u>Veggie/Alts</u> Veggie Sausage Oatmeal	<u>Beverages</u> Coffee, Tea, Juice, Milk, Soy Milk <u>Main Meal</u> Breakfast Sandwich w/egg, cheese and ham <u>Fruit</u> Yogurt Cereal <u>Veggie/Alts</u> Breakfast Sandwich w/egg, cheese and veg Sausage Oatmeal	<u>Beverages</u> Coffee, Tea, Juice, Milk, Soy Milk <u>Main Meal</u> French Toast Turkey Bacon <u>Fruit</u> Yogurt Cereal <u>Veggie Meal/Alts</u> Veggie Sausage Oatmeal	<u>Beverages</u> Juice <u>Main Meal</u> Muffins Vegan Muffins
LUNCH	N/A	<u>Main meal</u> Grilled cheese with Ham French Fries Corn Salad Bar <u>Veggie Meal/Alts</u> Grilled Cheese	<u>Main meal</u> Chick breast on Kaiser With lettuce and tomato w/ herbed mayo Sweet Potato Fries Salad Bar <u>Veggie/Alts</u> Vegan Chickpea Veggie Burger	<u>Main Meal</u> Pita Bar Chicken & Tuna Salad Sliced Tomato and Lettuce Macaroni Salad Salad Bar <u>Veggie Meal/Alts</u> Egg Salad and Hummus	<u>Main Meal</u> Chicken Fingers Potato Tots Salad Bar <u>Veggie/Alts</u> Beyond Chicken Fingers	<u>Main Meal</u> Pizza Cheese Pepperoni Salad Bar <u>Veggie/Alts</u> Veggie Pizza G.F Pizza	Sandwiches Chips
DINNER	<u>Beverages</u> Ice Tea, Lemonade <u>Main meal</u> Lasagna Garlic Bread Broccoli Salad <u>Veggie/Alts</u> Veggie Lasagna Vegan Lasagna <u>Dessert</u> Brownies Ices	<u>Beverages</u> Ice Tea, Lemonade <u>Main Meal</u> BBQ Chicken Brown Rice Cauliflower Rolls Salad Bar <u>Veggie/Alts</u> Zucchini Casserole <u>Dessert</u> Choc. Chip Cookies Ices	<u>Beverages</u> Ice Tea, Lemonade <u>Main Meal</u> Tacos Cheese, Sour Cream Salsa, Rise Black Beans, Lettuce Salad Bar <u>Veggie/Alts</u> Black Bean Tacos Or Tofu Tacos <u>Dessert</u> Pudding, Ices	<u>Beverages</u> Ice Tea, Lemonade <u>Main meal</u> Shepherd's Pie Rolls Salad Bar <u>Veggie/Alts</u> Lentil Shepherd Pie <u>Dessert</u> Ice Cream Sandwiches or Cups Ices	<u>Beverages</u> Ice Tea, Lemonade <u>Main Meal</u> Swedish Meatballs w/gravy, noodles Salad Bar <u>Veggie/Alts</u> Vegan Chickpea Meatballs <u>Dessert</u> Donuts Ices	<u>Beverages</u> Ice Tea, Lemonade <u>Main Meal</u> Burgers & Dogs BBQ Chicken Sausage Corn Salads <u>Veggie/Alts</u> Veggie Burgers Vegan Burgers <u>Dessert</u> Watermelon	
	Brunch=10:00 AM N/A Dinner=5:20PM/6:00PM	Breakfast=7:45AM/8:30AM Lunch=12:00PM/12:50PM Dinner=5:20PM/6:00PM		Menu is subjected to change			Breakfast=8:00AM- 9:30AM

Peconic Dunes Camp Overnight + Day Camp Menu Week 2, 2023

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	<u>Beverages</u> Coffee, Tea, Juice, Milk, Soy Milk <u>Main Meal</u> Specialty Scramble English Muffins <u>Veggie/Alts</u> Fruit & Yogurt Cereal	Coffee, Tea, Juice, Milk, Soy Milk <u>Main Meal</u> Pancakes Turkey Bacon <u>Fruit</u> Yogurt Cereal <u>Veggie/Alts</u> Veggie Sausages Oatmeal	<u>Beverages</u> Coffee, Tea, Juice, Milk, Soy Milk <u>Main Meal</u> (English Bkfst) Baked Beans, Sausage Egg, hash brown, tomatoes <u>Fruit</u> Yogurt Cereal <u>Veggie Meal/Alts</u> Tofu Scramble Veggie Sausage	<u>Beverages</u> Coffee, Tea, Juice, Milk Soy Milk <u>Main Meal</u> Waffles Turkey Sausage <u>Fruit</u> Yogurt Cereal <u>Veggie/Alts</u> Veggie Sausage Oatmeal	<u>Beverages</u> Coffee, Tea, Juice, Milk, Soy Milk <u>Main Meal</u> Breakfast Sandwich w/egg, cheese and ham <u>Fruit</u> Yogurt Cereal <u>Veggie/Alts</u> Breakfast Sandwich w/egg, cheese and veg Sausage Oatmeal	<u>Beverages</u> Coffee, Tea, Juice, Milk, Soy Milk <u>Main Meal</u> French Toast Turkey Bacon <u>Fruit</u> Yogurt Cereal <u>Veggie Meal/Alts</u> Veggie Sausage Oatmeal	<u>Beverages</u> Juice <u>Main Meal</u> Muffins Vegan Muffins
LUNCH	N/A	<u>Main meal</u> Chicken Quesadillas Sour Cream, Salsa Salad Bar <u>Veggie Meal/Alts</u> Vegan Quesadillas	<u>Main meal</u> Popcorn Chicken Mac & Cheese Broccoli Salad Bar <u>Veggie Meal/Alts</u> Veggies and Potatoes	<u>Main Meal</u> Sloppy Joes Cheese Mixed Veggies Salad Bar <u>Veggie Meal/Alts</u> Black Bean Burger	<u>Main Meal</u> Chicken Fajitas Spanish Rice Black Beans, Sour Cream, Cheese, Lettuce, Tomato Salad Bar <u>Veggie/Alts</u> Veggie Fajitas	<u>Main Meal</u> Pizza Cheese Pepperoni Salad Bar <u>Veggie/Alts</u> Veggie Pizza G.F Pizza	Sandwiches Chips
DINNER	<u>Beverages</u> Ice Tea, Lemonade <u>Main meal</u> Lasagna Roasted Broccoli Garlic Bread <u>Veggie/Alts</u> Veggie Lasagna Vegan Lasagna <u>Dessert</u> Brownies	<u>Beverages</u> Ice Tea, Lemonade <u>Main Meal</u> Herb Baked Chicken Roasted Red Potatoes Roasted Cauliflower Rolls <u>Salad Bar</u> <u>Veggie/Alts</u> Beyond Chicken <u>Dessert</u> Cookies Italian Ices	<u>Beverages</u> Ice Tea, Lemonade <u>Main Meal</u> Sausage, Peppers, Onions Potatoes Rolls Salad Bar <u>Veggie/Alts</u> Veggies and Potatoes <u>Dessert</u> Ice Box Cake Italian Ices	<u>Beverages</u> Ice Tea, Lemonade <u>Main meal</u> BBQ Chicken Sweet Potato Fries Broccoli Rolls Salad Bar <u>Veggie/Alts</u> Grilled Tofu w/BBQ Sauce <u>Dessert</u> Ice Cream Italian Ices	<u>Beverages</u> Ice Tea, Lemonade <u>Main Meal</u> Swedish Meatballs Egg Noodles Glazed Carrots Rolls Salad Bar <u>Veggie/Alts</u> Vegan Meatballs <u>Dessert</u> Donuts Italian Ices	<u>Beverages</u> Ice Tea, Lemonade <u>Main Meal</u> Burgers & Dogs BBQ Chicken Sausage Corn Salads <u>Veggie/Alts</u> Veggie Burgers Vegan Burgers <u>Dessert</u> Watermelon	
	Brunch=10:00 AM N/A Dinner=5:20PM/6:00PM	Breakfast=7:45AM/8:30AM Lunch=12:00PM/12:50PM Dinner=5:20PM/6:00PM		Menu is subjected to change			Breakfast 10:00am Dinner 6:00pm

Peconic Dunes Camp Overnight + Day Camp Menu Week 3, 2023

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	<u>Beverages</u> Coffee, Tea, Juice, Milk, Soy Milk <u>Main Meal</u> Specialty Scramble Sausage or Bacon Hash Browns <u>Veggie/Alts</u> Fruit & Yogurt Cereal Bagels or Croissants	Coffee, Tea, Juice, Milk, Soy Milk <u>Main Meal</u> Pancakes Turkey Bacon <u>Buffet</u> Fruit Bar Greek Bar Cereal <u>Veggie/Alts</u> Tofu Scramble	<u>Beverages</u> Coffee, Tea, Juice, Milk, Soy Milk <u>Main Meal</u> Scrambled Eggs Hash Browns English Muffins <u>Buffet</u> Fruit Bar Greek Yogurt Cereal Oatmeal <u>Veggie Meal/Alts</u> Veggie Sausage Or English Muffins	<u>Beverages</u> Coffee, Tea, Juice, Milk, Soy Milk <u>Main Meal</u> Waffles Turkey Sausage <u>Buffet</u> Fruit Bar Yogurt Cereal Oatmeal <u>Veggie/Alts</u> Tofu Scramble	<u>Beverages</u> Coffee, Tea, Juice, Milk, Soy Milk <u>Main Meal</u> Breakfast Sandwich w/egg, cheese and ham <u>Buffet</u> Fruit Bar Yogurt Cereal <u>Veggie/Alts</u> Veggie Sausage or English Muffins	<u>Beverages</u> Coffee, Tea, Juice, Milk, Soy Milk <u>Main Meal</u> French Toast Turkey Bacon <u>Buffet</u> Fruit Bar Yogurt Cereal <u>Veggie Meal/Alts</u> Tofu Scramble	<u>Beverages</u> Juice <u>Main Meal</u> Muffins Granola Bars
LUNCH	N/A	<u>Main meal</u> Taco Bar (beef) Sour Cream, Salsa Guacamole Three Bean Salad <u>Veggie Meal/Alts</u> Sweet Potato & Black Bean Taquitos	<u>Main meal</u> Breaded Fish Filet Sandwich French Fries Coleslaw <u>Veggie/Alts</u> Grilled Tofu w/BBQ Sauce Fries Coleslaw	<u>Main Meal</u> Chicken Fajitas Spanish Rice <u>Veggie Meal/Alts</u> Veggie Fajitas Spanish Rice	<u>Main Meal</u> Chicken Parm Sandwich Cucumber Salad <u>Veggie/Alts</u> Eggplant Parm Sandwich	<u>Main Meal</u> Pizza Sautee <u>Veggie/Alts</u> GF Pizza Veggie Pizza w/no Cheese	Sandwiches Chips
DINNER	<u>Beverages</u> Ice Tea, Lemonade <u>Main meal</u> Lasagna Garlic Bread Broccoli <u>Veggie/Alts</u> Lentil Bolognese Garlic Bread <u>Dessert</u> Brownies Ices	<u>Beverages</u> Ice Tea, Lemonade <u>Main Meal</u> General Tso's Chicken Rice Cauliflower, Broccoli Dinner Rolls <u>Veggie/Alts</u> General Tso's Cauliflower Rice, Broccoli <u>Dessert</u> Cookies	<u>Beverages</u> Ice Tea, Lemonade <u>Main Meal</u> Meatloaf with Gravy Potatoes Green Beans Dinner Rolls <u>Veggie/Alts</u> Chickpea & Veggie Curry Rice <u>Dessert</u> Ice Box Cake Pudding	<u>Beverages</u> Ice Tea, Lemonade <u>Main meal</u> Pasta Dish Rolls <u>Veggie/Alts</u> Pasta Primavera <u>Dessert</u> Ice Cream	<u>Beverages</u> Ice Tea, Lemonade <u>Main Meal</u> Beef, Broccoli Stir Fry Dinner Rolls <u>Veggie/Alts</u> Veggie & Edamame Stir Fry Rice <u>Dessert</u> Donuts Rice Pudding	<u>Beverages</u> Ice Tea, Lemonade <u>Main Meal</u> Burgers & Dogs Italian Sausage 3 Salads Corn <u>Veggie/Alts</u> Veggie Burgers Stuffed Peppers <u>Dessert</u> Watermelon Inspec. Reward	
	Brunch=10:00 AM N/A Dinner=5:20PM/6:00PM	Breakfast=7:45AM/8:30AM Lunch=12:00PM/12:50PM Dinner=5:20PM/6:00PM		Menu is subjected to change			Breakfast 10:00am Dinner 6:00PM

Peconic Dunes Camp Overnight + Day Camp Menu Week 4, 2023

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	<u>Beverages</u> Coffee, Tea, Juice, Milk, Soy Milk <u>Main Meal</u> Specialty Scramble Croissants or Bagels Hashbrowns Fruit & Yogurt Cereal	Coffee, Tea, Juice, Milk, Soy Milk <u>Main Meal</u> Pancakes Turkey Bacon <u>Fruit</u> Yogurt Cereal <u>Veggie/Alts</u> Veggie Sausages Oatmeal	<u>Beverages</u> Coffee, Tea, Juice, Milk, Soy Milk <u>Main Meal</u> Scrambled Eggs Hash Browns Bagels <u>Fruit</u> Yogurt Cereal <u>Veggie Meal/Alts</u> Tofu Scramble Veggie Sausage Oatmeal	<u>Beverages</u> Coffee, Tea, Juice, Milk Soy Milk <u>Main Meal</u> Waffles Turkey Sausage <u>Fruit</u> Yogurt Cereal <u>Veggie/Alts</u> Veggie Sausage Oatmeal	<u>Beverages</u> Coffee, Tea, Juice, Milk, Soy Milk <u>Main Meal</u> Breakfast Sandwich w/egg, cheese and ham <u>Fruit</u> Yogurt Cereal <u>Veggie/Alts</u> Breakfast Sandwich w/egg, cheese and veg Sausage Oatmeal	<u>Beverages</u> Coffee, Tea, Juice, Milk, Soy Milk <u>Main Meal</u> French Toast Turkey Bacon <u>Fruit</u> Yogurt Cereal <u>Veggie Meal/Alts</u> Veggie Sausage Oatmeal	<u>Beverages</u> Juice <u>Main Meal</u> Muffins Vegan Muffins
LUNCH	N/A	<u>Main meal</u> Grilled cheese with Ham French Fries Corn Salad Bar <u>Veggie Meal/Alts</u> Grilled Cheese	<u>Main meal</u> Chick breast on Kaiser With lettuce and tomato w/ herbed mayo Sweet Potato Fries Salad Bar <u>Veggie/Alts</u> Vegan Chickpea Veggie Burger	<u>Main Meal</u> Pita Bar Chicken & Tuna Salad Sliced Tomato and Lettuce Macaroni Salad Salad Bar <u>Veggie Meal/Alts</u> Egg Salad and Hummus	<u>Main Meal</u> Chicken Fingers Potato Tots Salad Bar <u>Veggie/Alts</u> Beyond Chicken Fingers	<u>Main Meal</u> Pizza Cheese Pepperoni Salad Bar <u>Veggie/Alts</u> Veggie Pizza G.F Pizza	Sandwiches Chips
DINNER	<u>Beverages</u> Ice Tea, Lemonade <u>Main meal</u> Lasagna Garlic Bread Broccoli Salad <u>Veggie/Alts</u> Veggie Lasagna Vegan Lasagna <u>Dessert</u> Brownies Ices	<u>Beverages</u> Ice Tea, Lemonade <u>Main Meal</u> BBQ Chicken Brown Rice Cauliflower Rolls Salad Bar <u>Veggie/Alts</u> Zucchini Casserole <u>Dessert</u> Choc. Chip Cookies Ices	<u>Beverages</u> Ice Tea, Lemonade <u>Main Meal</u> Tacos Cheese, Sour Cream Salsa, Rise Black Beans, Lettuce Salad Bar <u>Veggie/Alts</u> Black Bean Tacos Or Tofu Tacos <u>Dessert</u> Pudding, Ices	<u>Beverages</u> Ice Tea, Lemonade <u>Main meal</u> Shepherd's Pie Rolls Salad Bar <u>Veggie/Alts</u> Lentil Shepherd Pie <u>Dessert</u> Ice Cream Sandwiches or Cups Ices	<u>Beverages</u> Ice Tea, Lemonade <u>Main Meal</u> Swedish Meatballs w/gravy, noodles Salad Bar <u>Veggie/Alts</u> Vegan Chickpea Meatballs <u>Dessert</u> Donuts Ices	<u>Beverages</u> Ice Tea, Lemonade <u>Main Meal</u> Burgers & Dogs BBQ Chicken Sausage Corn Salads <u>Veggie/Alts</u> Veggie Burgers Vegan Burgers <u>Dessert</u> Watermelon	Breakfast=8:00AM- 9:30AM
	Brunch=10:00 AM N/A Dinner=5:20PM/6:00PM	Breakfast=7:45AM/8:30AM Lunch=12:00PM/12:50PM Dinner=5:20PM/6:00PM		Menu is subjected to change			

Peconic Dunes Camp Overnight + Day Camp Menu Week 5, 2023

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	<u>Beverages</u> Coffee, Tea, Juice, Milk, Soy Milk <u>Main Meal</u> Specialty Scramble English Muffins <u>Veggie/Alts</u> Fruit & Yogurt Cereal	Coffee, Tea, Juice, Milk, Soy Milk <u>Main Meal</u> Pancakes Turkey Bacon <u>Fruit</u> Yogurt Cereal <u>Veggie/Alts</u> Veggie Sausages Oatmeal	<u>Beverages</u> Coffee, Tea, Juice, Milk, Soy Milk <u>Main Meal</u> (English Bkfst) Baked Beans, Sausage Egg, hash brown, tomatoes <u>Fruit</u> Yogurt Cereal <u>Veggie Meal/Alts</u> Tofu Scramble Veggie Sausage	<u>Beverages</u> Coffee, Tea, Juice, Milk Soy Milk <u>Main Meal</u> Waffles Turkey Sausage <u>Fruit</u> Yogurt Cereal <u>Veggie/Alts</u> Veggie Sausage Oatmeal	<u>Beverages</u> Coffee, Tea, Juice, Milk, Soy Milk <u>Main Meal</u> Breakfast Sandwich w/egg, cheese and ham <u>Fruit</u> Yogurt Cereal <u>Veggie/Alts</u> Breakfast Sandwich w/egg, cheese and veg Sausage Oatmeal	<u>Beverages</u> Coffee, Tea, Juice, Milk, Soy Milk <u>Main Meal</u> French Toast Turkey Bacon <u>Fruit</u> Yogurt Cereal <u>Veggie Meal/Alts</u> Veggie Sausage Oatmeal	<u>Beverages</u> Juice <u>Main Meal</u> Muffins Vegan Muffins
LUNCH	N/A	<u>Main meal</u> Chicken Quesadillas Sour Cream, Salsa Salad Bar <u>Veggie Meal/Alts</u> Vegan Quesadillas	<u>Main meal</u> Popcorn Chicken Mac & Cheese Broccoli Salad Bar <u>Veggie Meal/Alts</u> Veggies and Potatoes	<u>Main Meal</u> Sloppy Joes Cheese Mixed Veggies Salad Bar <u>Veggie Meal/Alts</u> Black Bean Burger	<u>Main Meal</u> Chicken Fajitas Spanish Rice Black Beans, Sour Cream, Cheese, Lettuce, Tomato Salad Bar <u>Veggie/Alts</u> Veggie Fajitas	<u>Main Meal</u> Pizza Cheese Pepperoni Salad Bar <u>Veggie/Alts</u> Veggie Pizza G.F Pizza	Sandwiches Chips
DINNER	<u>Beverages</u> Ice Tea, Lemonade <u>Main meal</u> Lasagna Roasted Broccoli Garlic Bread <u>Veggie/Alts</u> Veggie Lasagna Vegan Lasagna <u>Dessert</u> Brownies	<u>Beverages</u> Ice Tea, Lemonade <u>Main Meal</u> Herb Baked Chicken Roasted Red Potatoes Roasted Cauliflower Rolls <u>Salad Bar</u> <u>Veggie/Alts</u> Beyond Chicken <u>Dessert</u> Cookies Italian Ices	<u>Beverages</u> Ice Tea, Lemonade <u>Main Meal</u> Sausage, Peppers, Onions Potatoes Rolls Salad Bar <u>Veggie/Alts</u> Veggies and Potatoes <u>Dessert</u> Ice Box Cake Italian Ices	<u>Beverages</u> Ice Tea, Lemonade <u>Main meal</u> BBQ Chicken Sweet Potato Fries Broccoli Rolls Salad Bar <u>Veggie/Alts</u> Grilled Tofu w/BBQ Sauce <u>Dessert</u> Ice Cream Italian Ices	<u>Beverages</u> Ice Tea, Lemonade <u>Main Meal</u> Swedish Meatballs Egg Noodles Glazed Carrots Rolls Salad Bar <u>Veggie/Alts</u> Vegan Meatballs <u>Dessert</u> Donuts Italian Ices	<u>Beverages</u> Ice Tea, Lemonade <u>Main Meal</u> Burgers & Dogs BBQ Chicken Sausage Corn Salads <u>Veggie/Alts</u> Veggie Burgers Vegan Burgers <u>Dessert</u> Watermelon	
	Brunch=10:00 AM N/A Dinner=5:20PM/6:00PM	Breakfast=7:45AM/8:30AM Lunch=12:00PM/12:50PM Dinner=5:20PM/6:00PM		Menu is subjected to change			Breakfast 10:00am Dinner 6:00pm

Peconic Dunes Camp Overnight + Day Camp Menu Week 6, 2023

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	<u>Beverages</u> Coffee, Tea, Juice, Milk, Soy Milk <u>Main Meal</u> Specialty Scramble Sausage or Bacon Hash Browns <u>Veggie/Alts</u> Fruit & Yogurt Cereal Bagels or Croissants	Coffee, Tea, Juice, Milk, Soy Milk <u>Main Meal</u> Pancakes Turkey Bacon <u>Buffet</u> Fruit Bar Greek Bar Cereal <u>Veggie/Alts</u> Tofu Scramble	<u>Beverages</u> Coffee, Tea, Juice, Milk, Soy Milk <u>Main Meal</u> Scrambled Eggs Hash Browns English Muffins <u>Buffet</u> Fruit Bar Greek Yogurt Cereal Oatmeal <u>Veggie Meal/Alts</u> Veggie Sausage Or English Muffins	<u>Beverages</u> Coffee, Tea, Juice, Milk, Soy Milk <u>Main Meal</u> Waffles Turkey Sausage <u>Buffet</u> Fruit Bar Yogurt Cereal Oatmeal <u>Veggie/Alts</u> Tofu Scramble	<u>Beverages</u> Coffee, Tea, Juice, Milk, Soy Milk <u>Main Meal</u> Breakfast Sandwich w/egg, cheese and ham <u>Buffet</u> Fruit Bar Yogurt Cereal <u>Veggie/Alts</u> Veggie Sausage or English Muffins	<u>Beverages</u> Coffee, Tea, Juice, Milk, Soy Milk <u>Main Meal</u> French Toast Turkey Bacon <u>Buffet</u> Fruit Bar Yogurt Cereal <u>Veggie Meal/Alts</u> Tofu Scramble	<u>Beverages</u> Juice <u>Main Meal</u> Muffins Granola Bars
LUNCH	N/A	<u>Main meal</u> Taco Bar (beef) Sour Cream, Salsa Guacamole Three Bean Salad <u>Veggie Meal/Alts</u> Sweet Potato & Black Bean Taquitos	<u>Main meal</u> Breaded Fish Filet Sandwich French Fries Coleslaw <u>Veggie/Alts</u> Grilled Tofu w/BBQ Sauce Fries Coleslaw	<u>Main Meal</u> Chicken Fajitas Spanish Rice <u>Veggie Meal/Alts</u> Veggie Fajitas Spanish Rice	<u>Main Meal</u> Chicken Parm Sandwich Cucumber Salad <u>Veggie/Alts</u> Eggplant Parm Sandwich	<u>Main Meal</u> Pizza Sautee <u>Veggie/Alts</u> GF Pizza Veggie Pizza w/no Cheese	Sandwiches Chips
DINNER	<u>Beverages</u> Ice Tea, Lemonade <u>Main meal</u> Lasagna Garlic Bread Broccoli <u>Veggie/Alts</u> Lentil Bolognese Garlic Bread <u>Dessert</u> Brownies Ices	<u>Beverages</u> Ice Tea, Lemonade <u>Main Meal</u> General Tso's Chicken Rice Cauliflower, Broccoli Dinner Rolls <u>Veggie/Alts</u> General Tso's Cauliflower Rice, Broccoli <u>Dessert</u> Cookies	<u>Beverages</u> Ice Tea, Lemonade <u>Main Meal</u> Meatloaf with Gravy Potatoes Green Beans Dinner Rolls <u>Veggie/Alts</u> Chickpea & Veggie Curry Rice <u>Dessert</u> Ice Box Cake Pudding	<u>Beverages</u> Ice Tea, Lemonade <u>Main meal</u> Pasta Dish Rolls <u>Veggie/Alts</u> Pasta Primavera <u>Dessert</u> Ice Cream	<u>Beverages</u> Ice Tea, Lemonade <u>Main Meal</u> Beef, Broccoli Stir Fry Dinner Rolls <u>Veggie/Alts</u> Veggie & Edamame Stir Fry Rice <u>Dessert</u> Donuts Rice Pudding	<u>Beverages</u> Ice Tea, Lemonade <u>Main Meal</u> Burgers & Dogs Italian Sausage 3 Salads Corn <u>Veggie/Alts</u> Veggie Burgers Stuffed Peppers <u>Dessert</u> Watermelon Inspec. Reward	
	Brunch=10:00 AM N/A Dinner=5:20PM/6:00PM	Breakfast=7:45AM/8:30AM Lunch=12:00PM/12:50PM Dinner=5:20PM/6:00PM		Menu is subjected to change			Breakfast 10:00am Dinner 6:00PM

Peconic Dunes Camp Overnight + Day Camp Menu Week 7, 2023

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	<u>Beverages</u> Coffee, Tea, Juice, Milk, Soy Milk <u>Main Meal</u> Specialty Scramble Croissants or Bagels Hashbrowns Fruit & Yogurt Cereal	Coffee, Tea, Juice, Milk, Soy Milk <u>Main Meal</u> Pancakes Turkey Bacon <u>Fruit</u> Yogurt Cereal <u>Veggie/Alts</u> Veggie Sausages Oatmeal	<u>Beverages</u> Coffee, Tea, Juice, Milk, Soy Milk <u>Main Meal</u> Scrambled Eggs Hash Browns Bagels <u>Fruit</u> Yogurt Cereal <u>Veggie Meal/Alts</u> Tofu Scramble Veggie Sausage Oatmeal	<u>Beverages</u> Coffee, Tea, Juice, Milk Soy Milk <u>Main Meal</u> Waffles Turkey Sausage <u>Fruit</u> Yogurt Cereal <u>Veggie/Alts</u> Veggie Sausage Oatmeal	<u>Beverages</u> Coffee, Tea, Juice, Milk, Soy Milk <u>Main Meal</u> Breakfast Sandwich w/egg, cheese and ham <u>Fruit</u> Yogurt Cereal <u>Veggie/Alts</u> Breakfast Sandwich w/egg, cheese and veg Sausage Oatmeal	<u>Beverages</u> Coffee, Tea, Juice, Milk, Soy Milk <u>Main Meal</u> French Toast Turkey Bacon <u>Fruit</u> Yogurt Cereal <u>Veggie Meal/Alts</u> Veggie Sausage Oatmeal	<u>Beverages</u> Juice <u>Main Meal</u> Muffins Vegan Muffins
LUNCH	N/A	<u>Main meal</u> Grilled cheese with Ham French Fries Corn Salad Bar <u>Veggie Meal/Alts</u> Grilled Cheese	<u>Main meal</u> Chick breast on Kaiser With lettuce and tomato w/ herbed mayo Sweet Potato Fries Salad Bar <u>Veggie/Alts</u> Vegan Chickpea Veggie Burger	<u>Main Meal</u> Pita Bar Chicken & Tuna Salad Sliced Tomato and Lettuce Macaroni Salad Salad Bar <u>Veggie Meal/Alts</u> Egg Salad and Hummus	<u>Main Meal</u> Chicken Fingers Potato Tots Salad Bar <u>Veggie/Alts</u> Beyond Chicken Fingers	<u>Main Meal</u> Pizza Cheese Pepperoni Salad Bar <u>Veggie/Alts</u> Veggie Pizza G.F Pizza	Sandwiches Chips
DINNER	<u>Beverages</u> Ice Tea, Lemonade <u>Main meal</u> Lasagna Garlic Bread Broccoli Salad <u>Veggie/Alts</u> Veggie Lasagna Vegan Lasagna <u>Dessert</u> Brownies Ices	<u>Beverages</u> Ice Tea, Lemonade <u>Main Meal</u> BBQ Chicken Brown Rice Cauliflower Rolls Salad Bar <u>Veggie/Alts</u> Zucchini Casserole <u>Dessert</u> Choc. Chip Cookies Ices	<u>Beverages</u> Ice Tea, Lemonade <u>Main Meal</u> Tacos Cheese, Sour Cream Salsa, Rise Black Beans, Lettuce Salad Bar <u>Veggie/Alts</u> Black Bean Tacos Or Tofu Tacos <u>Dessert</u> Pudding, Ices	<u>Beverages</u> Ice Tea, Lemonade <u>Main meal</u> Shepherd's Pie Rolls Salad Bar <u>Veggie/Alts</u> Lentil Shepherd Pie <u>Dessert</u> Ice Cream Sandwiches or Cups Ices	<u>Beverages</u> Ice Tea, Lemonade <u>Main Meal</u> Swedish Meatballs w/gravy, noodles Salad Bar <u>Veggie/Alts</u> Vegan Chickpea Meatballs <u>Dessert</u> Donuts Ices	<u>Beverages</u> Ice Tea, Lemonade <u>Main Meal</u> Burgers & Dogs BBQ Chicken Sausage Corn Salads <u>Veggie/Alts</u> Veggie Burgers Vegan Burgers <u>Dessert</u> Watermelon	Breakfast=8:00AM- 9:30AM
	Brunch=10:00 AM N/A Dinner=5:20PM/6:00PM	Breakfast=7:45AM/8:30AM Lunch=12:00PM/12:50PM Dinner=5:20PM/6:00PM		Menu is subjected to change			

Peconic Dunes Camp Overnight + Day Camp Menu Week 8, 2023

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	<u>Beverages</u> Coffee, Tea, Juice, Milk, Soy Milk <u>Main Meal</u> Specialty Scramble English Muffins <u>Veggie/Alts</u> Fruit & Yogurt Cereal	Coffee, Tea, Juice, Milk, Soy Milk <u>Main Meal</u> Pancakes Turkey Bacon <u>Fruit</u> Yogurt Cereal <u>Veggie/Alts</u> Veggie Sausages Oatmeal	<u>Beverages</u> Coffee, Tea, Juice, Milk, Soy Milk <u>Main Meal</u> (English Bkfst) Baked Beans, Sausage Egg, hash brown, tomatoes <u>Fruit</u> Yogurt Cereal <u>Veggie Meal/Alts</u> Tofu Scramble Veggie Sausage	<u>Beverages</u> Coffee, Tea, Juice, Milk Soy Milk <u>Main Meal</u> Waffles Turkey Sausage <u>Fruit</u> Yogurt Cereal <u>Veggie/Alts</u> Veggie Sausage Oatmeal	<u>Beverages</u> Coffee, Tea, Juice, Milk, Soy Milk <u>Main Meal</u> Breakfast Sandwich w/egg, cheese and ham <u>Fruit</u> Yogurt Cereal <u>Veggie/Alts</u> Breakfast Sandwich w/egg, cheese and veg Sausage Oatmeal	<u>Beverages</u> Coffee, Tea, Juice, Milk, Soy Milk <u>Main Meal</u> French Toast Turkey Bacon <u>Fruit</u> Yogurt Cereal <u>Veggie Meal/Alts</u> Veggie Sausage Oatmeal	<u>Beverages</u> Juice <u>Main Meal</u> Muffins Vegan Muffins
LUNCH	N/A	<u>Main meal</u> Chicken Quesadillas Sour Cream, Salsa Salad Bar <u>Veggie Meal/Alts</u> Vegan Quesadillas	<u>Main meal</u> Popcorn Chicken Mac & Cheese Broccoli Salad Bar <u>Veggie Meal/Alts</u> Veggies and Potatoes	<u>Main Meal</u> Sloppy Joes Cheese Mixed Veggies Salad Bar <u>Veggie Meal/Alts</u> Black Bean Burger	<u>Main Meal</u> Chicken Fajitas Spanish Rice Black Beans, Sour Cream, Cheese, Lettuce, Tomato Salad Bar <u>Veggie/Alts</u> Veggie Fajitas	<u>Main Meal</u> Pizza Cheese Pepperoni Salad Bar <u>Veggie/Alts</u> Veggie Pizza G.F Pizza	Sandwiches Chips
DINNER	<u>Beverages</u> Ice Tea, Lemonade <u>Main meal</u> Lasagna Roasted Broccoli Garlic Bread <u>Veggie/Alts</u> Veggie Lasagna Vegan Lasagna <u>Dessert</u> Brownies	<u>Beverages</u> Ice Tea, Lemonade <u>Main Meal</u> Herb Baked Chicken Roasted Red Potatoes Roasted Cauliflower Rolls <u>Salad Bar</u> <u>Veggie/Alts</u> Beyond Chicken <u>Dessert</u> Cookies Italian Ices	<u>Beverages</u> Ice Tea, Lemonade <u>Main Meal</u> Sausage, Peppers, Onions Potatoes Rolls Salad Bar <u>Veggie/Alts</u> Veggies and Potatoes <u>Dessert</u> Ice Box Cake Italian Ices	<u>Beverages</u> Ice Tea, Lemonade <u>Main meal</u> BBQ Chicken Sweet Potato Fries Broccoli Rolls Salad Bar <u>Veggie/Alts</u> Grilled Tofu w/BBQ Sauce <u>Dessert</u> Ice Cream Italian Ices	<u>Beverages</u> Ice Tea, Lemonade <u>Main Meal</u> Swedish Meatballs Egg Noodles Glazed Carrots Rolls Salad Bar <u>Veggie/Alts</u> Vegan Meatballs <u>Dessert</u> Donuts Italian Ices	<u>Beverages</u> Ice Tea, Lemonade <u>Main Meal</u> Burgers & Dogs BBQ Chicken Sausage Corn Salads <u>Veggie/Alts</u> Veggie Burgers Vegan Burgers <u>Dessert</u> Watermelon	
	Brunch=10:00 AM N/A Dinner=5:20PM/6:00PM	Breakfast=7:45AM/8:30AM Lunch=12:00PM/12:50PM Dinner=5:20PM/6:00PM		Menu is subjected to change			Breakfast 10:00am Dinner 6:00pm

