


CAMP RAMAH IN CALIFORNIA

FIRST SESSION MENU 2000

| DATE | BREAKFAST | LUNCH | DINNER |
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| Wed 6/27 | | Tossed Salad, Dressing Carrot & Celery Sticks Pizza, Sliced Bread, Brownies, Chocolate Milk, Water | Tomato Soup, Osem Nuts Chicken Nuggets, BBQ Sauce Mashed Potato Peas & Carrots, Rolls Water, Lemonade, Fruit Veggies: Nuggets |
| Thurs 6/28 | Pancake, Syrup Orange Juice Chcerios, Milk Bananas, Water, Margarine | Cheese & Apples Blintzes Tossed Salad, Dressing Sliced Honeydew, Sour Cream Sliced Bread, Chocolate Pudding Milk, Water, | Split Peas Soup Lasagna, Carrot & Celery Sticks Crazy Bread, Punch, Water Fruit |
| Fri 6/29 | Waffles, Syrup Orange Juice Rice Crispies, Milk Bananas, Margarine Water | Refried Beans, Rice Grated Cheese, Soft Tortillas Salsa, Sour Cream, Shredded Lettuce, Diced Onion, Tomato & Cilantro Chocolate Milk, Water, Jell-O | Chicken Soup, Tossed Salad Roasted Chicken, Osem Nuts Paprika Potatoes, Broccoli Lemonade, Fruit Salad VEGGIES: Croquettes |
| Sat 6/30 | Hard Boiled Eggs Muffins Cottage Cheese Frosted Flakes, Milk Orange Juice Bananas, Water | Sliced Turkey, Potato Salad Cole Slaw Pickles, Sliced Bread Fresh Fruit Water, Punch VEGGIES: Chulent | Tossed Salad Spaghetti w/ Tomato Sauce Carrot & Celery Sticks Garlic Bread, Parnesan Cheese Milk, Water, Ice Cream Cup |
| Sun 7/1 | Bagels & Cream Cheese Scrambled Eggs Sliced Tomato & Onions Orange Juice, Bananas Corn Flakes, Milk, Margarine | Tossed Salad, Dressing Macaroni & Cheese Melon, Carrot & Celery Sticks Crazy Bread, Milk, Water, Cake | Beef Taco, Refried Beans Taco Shells, Salsa, Rice Shredded Lettuce, Cilantro Diced, Tomato & Onions Fruit, Water, Lemonade Veggies: Vegetables Patties |
| Mon 7/2 | Pancakes, Syrup Orange Juice Cheerios, Milk Bananas, Margarine Water | Tossed Salad, Dressing Baked Potato, Sour Cream Grated Cheddar Cheese Egg Salad, Carrot & Celery Sticks Sliced Bread, Water, Jell-O Chocolate Milk | Minestrone Soup Chicken Cutlets, BBQ Sauce Mashed Potato, Baby Carrots Rolls, Water, Punch, Fruit VEGGIES: Veggie Cutlets |
| Tue 7/3 | Cold Sack Breakfast Honey Nut Cheerios Hard Boiled Eggs Orange Slices Bananas, Milk, Muffins | Out Door Lunch Tuna Sandwich PBJ Sandwich Doritos BBQ Cheese Sandwich Fruit, Beverage | Out Door BBQ Hamburgers, Buns Sliced Tomato & Onions Lettuce, Carrot & Celery Sticks Potato Chips, Pickles Watermelon, Punch, Water Veggies, & Hamb. |
| Wed 7/4 | French Toast, Syrup Orange Juice Rice Crispies, Milk Margarine Bananas, Water | Tossed Salad, Dressing Carrot & Celery Sticks Cheese Tortolini, Crazy Bread, Parmesan Cheese Water, Punch, Vanilla Pudding | Vegetables Soup Couscous, Chicken & Chick Peas, Rolls Lemonade, Water, Fruit Veggies: Cutlets |

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| Thu 7/5 | Pancake, Syrup Orange Juice Cheerios, Milk Bananas, Water | Bourekas / Cheese & Pot Mush Tossed Salad, Dressing Hummus, Pickles, Pita Brownies, Milk, Water | Lentil Soup, Tossed Salad, Dressing, Hamburger Helper Rolls, Water, Punch, Fruit |
| Fri 7/6 | Waffles, Syrup Orange Juice Rice Crispies, Milk Bananas, Margarine, Water | Refried Beans, Rice Grated Cheese, Soft Tortillas Salsa, Sour Cream, Shredded Lettuce Chocolate Milk, Water, Cake Diced Onion, Tomato & Cilantro | Chicken Soup, , Osem Nuts Tossed Salad Chicken Teriyaki Steamed Rice, Green Beans Lemonade, Water, Fruit Salad VEGGIES: Croquettes |
| Sat 7/7 | Hard Boiled Eggs Muffins Cottage Cheese Frosted Flakes, Milk Orange Juice, Bananas, Water | Sliced Salami Potato Salad, Cole Slaw, Pickles Sliced Bread, Fresh Fruit Water, Punch VEGGIES: Chulent | Tossed Salad Spaghetti w/ Tomato Sauce Carrot & Celery Sticks Garlic Bread, Parmesan Cheese Milk, Water, Ice Cream Cup |
| Sun 7/8 | Bageis & Cream Cheese Scrambled Eggs, Margarine, Sliced Tomato & Onions Orange Juice, Water Corn Flakes, Milk, Bananas, | Cheese & Apple Blintzes Tossed Salad, Dressing Sliced Melon, Sour Cream Sliced Bread, Milk, Water Jell-O | Split Peas Soup Hot Dogs, Baked Beans French Fries, Sauerkraut Hot Dog Bun, Fruit Water, Punch VEGGIES: Veggie Dogs |
| Mon 7/9 | Pancakes, Syrup Orange Juice Cheerios, Milk Bananas, Margarine Water | Tossed Salad, Dressing Carrot & Celery Sticks Pizza Sliced Bread, Cookies Water, Chocolate Milk, | Tossed Salad Shawarma, Spanish Rice Tahina, Punch Pita Bread, Fruit, Water Veggies: Veggie Patties |
| Tue 7/10 | Cold Sack Breakfast Honey Nut Cheerios Hard Boiled Eggs Orange Slices Bananas, Milk, Muffins | Out Door Lunch Tuna Sandwich PBJ Sandwich Doritos BBQ Cheese Sandwich Fruit, Beverage | Out Door BBQ Hamburgers, Buns Sliced Tomato & Onions Lettuce, Water, Punch Carrot & Celery Sticks, Pickles Potato Chips, Watermelon Veggies: Burgers, |
| Wed 7/11 | French Toast, Syrup Orange Juice Rice Crispies, Milk Margarine Bananas, Water | Tossed Salad, Dressing Grilled Cheese Potato Pancake Egg Salad, Chocolate Milk Carrot & Celery Sticks Sliced Bread, Water, Cake | Minestrone Soup Chicken Nuggets, BBQ Sauce Mashed Potato Peas & Carrots, Rolls Water, Lemonade, Fruit VEGGIES: NUGGETS |
| Thus 7/12 | Pancake Orange Juice Cottage Cheese Corn Flakes, Milk Bananas, Water | Falafel, Tahina, Pickles Israeli Salad, Tuna Salad Sliced Cantaloupe Pita, Vanilla Pudding Milk, Water | Tossed Salad Lasagna , Parmesan Cheese Carrot & Celery Sticks Crazy Bread, Milk, Water Fruit |
| Fri 7/13 | Waffles, Syrup Orange Juice Cheerios, Milk Bananas, Margarine Water | Refried Beans, Rice Grated Cheese, Soft Tortillas Salsa, Sour Cream, Shredded Lettuce Chocolate Milk, Water, Cookies Diced Onion, Tomato & Cilantro | Chicken Soup, Osem Nuts Tossed Salad, Sweet&Sour Chicken Fried Rice, Broccoli Lemonade, Fruit Salad VEGGIES: Croquettes |

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| Sat 7/14 | Hard Boiled Eggs Muffins Cottage Cheese Frosted Flakes, Milk Orange Juice Bananas, Water | Sliced Turkey Potato Salad, Cole Slaw Pickles, Sliced Bread Fresh Fruit, Water, Punch VEGGIES: Chulent | Tossed Salad Spaghetti w/ Tomato Sauce Carrot & Celery Sticks Garlic Bread, Parmesan Cheese Milk, Water, Ice Cream Cup |
| Sun 7/15 | Bagels & Cream Cheese Scrambled Eggs Sliced Tomato & Onions Orange Juice Corn Flakes, Milk Bananas, Margarine Water | Tossed Salad, Dressing Macaroni & Cheese Melon, Carrot & Celery Sticks Crazy Bread, Milk, Water, Cake | Tomato Soup, Osem Nuts Hot Dogs, Baked Beans French Fries, Sauerkraut Hot Dog Bun, Fruit Water, Punch VEGGIES: Veggie Dogs |
| Mon 7/16 | Pancakes, Syrup Orange Juice Cheerios, Milk Bananas, Margarine Water | Bourekas / Cheese & Pot Mush Tossed Salad, Dressing Carrot & Celery Sticks Humus, Pickles vanilla Pudding Chocolate Milk, Water | Mushroom & Barley Soup BBQ Chicken, Corn on the cob Peas & Carrots Fruit Rolls, Water, Lemonade VEGGIES: Veggie Nuggets |
| Tue 7/17 | Cold Sack Breakfast Honey Nut Cheerios Hard Boiled Eggs Orange Slices Bananas, Milk, Muffins | Out Door Lunch Tuna Sandwich PBJ Sandwich Doritos BBQ Cheese Sandwich Plums, Beverage | Out Door BBQ Hamburgers, Buns Sliced Tomato & Onions Lettuce, Carrot & Celery Sticks Potato Chips, Pickies Watermelon, Punch, Water Veggies: Burgers, H.D. |
| Wed 7/18 | French Toast, Syrup Orange Juice Rice Crispies, Milk Margarine Bananas, Water | Tossed Salad, Dressing Carrot & Celery Sticks Pizza Sliced Bread Jell-O Water, Chocolate Milk | Minestrone Soup Chicken Cutlets, BBQ Sauce Mashed Potato, Baby Carrots Cake Rolls, Water, Punch VEGGIES: Veggie Cutlets |
| Thurs 7/19 | Pancakes, Syrup Orange Juice Cottage Cheese Corn Flakes, Milk Bananas, Water | Tossed Salad, Dressing Sliced Cantaloupe, Sliced Cheese Tuna Salad, Pasta Salad Milk, Water, Vanilla Pudding | Tossed Salad, Dressing Carrot & Celery Sticks Cheese Tortolini, Crazy Bread, Parmesan Cheese Water, Punch, Fruit |
| Fri 7/20 | Waffles, Syrup Orange Juice Cheerios, Milk Bananas, Margarine Water | Refried Beans Rice, Grated Cheese Soft Tortillas, Salsa, Sour Cream, Diced Onion, Tomato & Cilantro Shredded Lettuce Chocolate Milk, Water Cookies | Chicken Soup, Osem Nuts Tossed Salad Roasted Chicken Paprika Potatoes Green Beans Lemonade, Water Fruit Salad VEGGIES: Croquettes |

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| SAT 7/21 | Hard Boiled Eggs Muffins Cottage Cheese Frosted Flakes, Milk Orange Juice Bananas, Water | Sliced Turkey Potato Salad, Cole Slaw Pickles Sliced Bread Fresh Fruit Water, Punch VEGGIES: Chulent | Tossed Salad Spaghetti w/ Tomato Sauce Carrot & Celery Sticks Garlic Bread, Parmesan Cheese Milk, Water, Ice Cream Cup |
| Sun 7/22 | Bagels & Cream Cheese Scrambled Eggs Sliced Tomato & Onions Orange Juice Corn Flakes, Milk Bananas, Margarine Water | Cheese & Apples Blintzes Tossed Salad, Dressing Tuna Salad, Sour Cream Sliced Bread, Preserve Jell-O Chocolate Milk, Water | Egg Drop Soup Vegetarian Eggroll, Rice Sweet & Sour Sauce Vegetables Stir Fri Rolls Water, Punch Fruit |
| Mon 7/23 | Pancakes Orange Juice Rice Crispies, Milk Bananas, Margarine Water | Tossed Salad, Dressing Baked Potato, Sour Cream Grated Cheddar Cheese Egg Salad, Carrot & Celery Sticks Sliced Bread, Water, Jell-O Chocolate Milk | Tossed Salad Roast Beef w/ Mushroom Sauce Rice, Broccoli Rolls, Coke, Water Watermelon Veggies: Croquettes |
| Tue 7/24 | Waffles, Syrup Orange Juice Rice Crispies, Milk Bananas, Margarine Water |  | |