

# JCC ROCKLAND CAMPS

# Lunch Menu 2021

	MON	TUES	WED	THURS	FRI
<b>WEEK 1</b> JUNE 28 - JULY 2	6.28 PIZZA BAGELS BROCCOLI	6.29 CHICKEN NUGGETS MASHED POTATOES, CARROTS	6.30 BAKED ZITI CUCUMBER, TOMATO, LETTUCE, GARLIC BREAD	7.1 HOT DOGS, HAMBURGERS, VEGGIE BURGERS TATER TOTS, CORN	7.2 FRENCH TOAST ROASTED POTATOES
<b>WEEK 2</b> JULY 5-9	7.5 NO CAMP	7.6 TACOS RICE, CORN, DICED TOMATO, SHREDDED LETTUCE	7.7 MAC & CHEESE LETTUCE, TOMATO CUCUMBER	7.8 CHICKEN NUGGETS POTATO KNISH, CORN	7.9 WAFFLES ROASTED POTATOES
<b>WEEK 3</b> JULY 12-16	7.12 PIZZA BAGELS BROCCOLI	7.13 HOT DOGS, HAMBURGERS, VEGGIE BURGERS TATER TOTS, CORN	7.14 SPAGHETTI & MEATBALLS CUCUMBER, TOMATO, LETTUCE, GARLIC BREAD	7.15 GRILLED CHICKEN KNISH, CARROTS	7.16 PANCAKES ROASTED POTATOES
<b>WEEK 4</b> JULY 19-23	7.19 TUNA, EGG SALAD CUCUMBER, TOMATO, LETTUCE, CHIPS	7.20 TACOS RICE, CORN, DICED TOMATO, SHREDDED LETTUCE	7.21 MAC & CHEESE BROCCOLI	7.22 CHICKEN FINGERS KNISH, CORN	7.23 BAGELS, BUTTER, CREAM CHEESE, YOGURT CUCUMBERS, PEPPERS, BABY CORN
<b>WEEK 5</b> JULY 26-30	7.26 PIZZA BAGELS BROCCOLI	7.27 CHICKEN NUGGETS MASHED POTATO, CORN	7.28 BAKED ZITI CUCUMBER, TOMATO, LETTUCE GARLIC BREAD	7.29 HOT DOGS, HAMBURGERS, VEGGIE BURGERS TATER TOTS, CORN	7.30 FRENCH TOAST ROASTED POTATOES
<b>WEEK 6</b> AUGUST 2- AUGUST 6	8.2 COLD CUTS LETTUCE, TOMATO, CHIPS	8.3 TACOS RICE, CORN, DICED TOMATO, SHREDDED LETTUCE	8.4 MAC & CHEESE LETTUCE, TOMATO, CUCUMBER	8.5 CHICKEN NUGGETS POTATO KNISH, CORN	8.6 WAFFLES ROASTED POTATOES
<b>WEEK 7</b> AUGUST 9-13	8.9 PIZZA BAGELS BROCCOLI	8.10 HOT DOGS, HAMBURGERS, VEGGIE BURGERS TATER TOTS, CORN	8.11 SPAGHETTI & MEATBALLS CUCUMBER, TOMATO, LETTUCE, GARLIC BREAD	8.12 GRILLED CHICKEN KNISH, CARROTS	8.13 PANCAKES ROASTED POTATOES
<b>WEEK 8</b> AUGUST 16-20	8.16 TUNA, HARD BOILED EGGS TOMATO, LETTUCE, CHIPS	8.17 TACOS RICE, CORN, DICED TOMATO, SHREDDED LETTUCE	8.18 MAC & CHEESE BROCCOLI	8.19 CHICKEN FINGERS KNISH, CORN	8.20 BAGELS, BUTTER, CREAM CHEESE, YOGURT CUCUMBERS, PEPPERS, BABY CORN



JCC Rockland  
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**AVAILABLE DAILY:**

**EVERYDAY:** Plain Pasta, Tuna, Soy Nut Butter

**Daily Salad Bar:** Mixed greens, sliced cucumbers, chickpeas, Baby corn, black & green olives, hard boiled eggs, red & green peppers.

**Dressing:** Ranch, Italian, Russian, French & Caesar