



## YMCA CAMP DU NORD SAMPLE SUMMER MENU

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	
	-Balsamic Fig Glazed Sandwich -Cran-Spinach Quinoa Salad -Loaded Olive Salad -Grapes -Veg: Balsamic Tofu	-Southwest Club with Guacamole -Mexi-style Slaw -Chips & Salsa -Oranges -Veg: Black Bean Spread	-Turkey Pesto Focaccia Squares -Carol's Slaw -Pasta Salad -Apples -Veg: Tofu Pesto	-Toasted Ham Cubanos -Broccoli Crunch Salad -Pickled Bean Salad -Cantaloupe -Veg: BBQ Soy Shreds	-Chicken Salad Sandwich -Chilled Couscous -Val's Sweet Cabbage Slaw -Honeydew Melon -Veg: Chickpea Salad	
	DINNER	DINNER	DINNER	DINNER	DINNER	
	-Veggie Pasta Bake -Sugar Snap Peas -Strawberry & Spinach Salad with Poppy Seed Vin -Focaccia Bread -Cantaloupe	-BBQ Chicken -Corn Cobbs -Baked Beans -Ranchhouse Salad -Cracked Pepper Bread -Honeydew Melon -Veg: BBQ Tempeh Sticks	-Chicken Enchilada Stackers -Roasted Zucchini -Santa Fe Salad with Cilantro-lime Vin -Honey Glazed Cornbread -Oranges -Veg: Veg Enchilada Stackers	-Coconut Chicken Tandoori -Wild Rice Pilaf -Green Peas -Chopped Salad with Feta -Sweet Molasses Bread -Grapes -Veg: Chickpea Tikki Masala	-Du Nord Meatloaf -Mashed Potatoes -Green Beans -Kale & Date Salad -Honey Whole Wheat Bread -Apples -Veg: Shepherd's Pie	
	DESSERT	DESSERT	DESSERT	DESSERT	DESSERT	
	Crazy Cake	Apple Crisp	Carrot Cake with Cream Cheese Frosting	Lemon Raspberry Cake	Blueberry Pie	

\*\*Sample Menu, Actual Meals Subject to Change