

Thursday 8/20	Friday 8/21
Lutheran (early lunch) Pancakes Sausage Links Breakfast Potatoes Syrup Ketchup Yogurt Granola Berries	Lutheran (early lunch) Pancakes Sausage Links Breakfast Potatoes Syrup Ketchup Yogurt Granola Berries
Lutheran (early dinner) Chicken Alfredo Pasta Pesto Sauce Garlic Bread Roasted Broccoli Caesar Salad	Lutheran (early dinner) Chicken Alfredo Pasta Pesto Sauce Garlic Bread Roasted Broccoli Caesar Salad

Food Substitutions:

Please note: The ingredients listed in the Menu Catalog are based on the items that we most commonly order. However, our food provider, Sysco, frequently needs to substitute items due to food shortages. In this case, we always opt to substitute an item with ingredients that are most similar to our original order, as well as items which do not contain any additional common allergens.

Example: substituting beef meatballs for chicken meatballs

Occasionally, we are unable to get a specific item that we require all together. In this case, we may need to change our meals a bit more drastically. The same is true in this instance, we will always seek to substitute a food item that is most similar, as well as avoiding any additional food allergens.

Example: substituting cheesy broccoli soup for creamy tomato basil soup

Providing food for your camper with dietary restrictions:

We have found that the safest option for campers with food allergies is to have parents bring up replacement items for any food on our menu that their camper cannot eat. For instance, if your camper is gluten-free and we are having burgers, the parents would provide a gluten-free bun to go along with our burgers and side items. We have a refrigerator, freezer and dry storage available for all allergy food items. Allergy food will be prepared in the same kitchen as the rest of our camp meals. Please label all food with the camper's name, as well as the meal or meal item that it is intended to replace.

Pancakes

Pancake Mix: Contains **wheat**, **milk**, **soy** and **egg** ingredients

- Enriched flour bleached (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), yellow corn flour, dextrose, sugar, leavening (baking soda, sodium aluminum phosphate), soybean oil, palm oil, defatted soy flour, salt, modified whey, buttermilk, egg yolk with sodium silicoaluminate, soy lecithin, color added.

Sausage

- Pork, water, potassium chloride, salt, corn syrup, spices, sugar, dextrose, natural flavors, bht, propyl gallate, citric acid, caramel color. Caramel color added, bht, propyl gallate and citric acid added to help protect flavor

Breakfast Potatoes- Contains **Soy**

- Potatoes, Vegetable Oil (Contains One or More of the Following: Canola, Palm, Soybean, Sunflower), Salt, Disodium Dihydrogen Pyrophosphate (to promote color retention), Dextrose.

Syrup-

- corn syrup, water, high fructose corn syrup, salt, natural and artificial flavors, preservatives - potassium sorbate, sodium benzoate and benzoic acid, caramel color, cellulose gum

Yogurt- **Contains: milk**

- Cultured pasteurized grade a low fat milk, sugar, modified corn starch, kosher gelatin, natural flavor, potassium sorbate added to maintain freshness, vitamin a acetate, vitamin d3.

Granola- **may contain wheat** ingredients.

- Whole grain oats+, cane sugar+, rice+, sunflower oil+, honey+, molasses+, sea salt, vanilla extract+. Vitamin e (mixed tocopherols) added to preserve freshness. +organic may contain wheat ingredients.

Fruit

Chicken Alfredo Pasta

Bow-tie Pasta -**Contains:** wheat

- Semolina, Niacin, Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, Folic Acid

Alfredo Sauce: **Contains:** milk

- Water, half and half (cream, milk) Modified food starch, Parmesan cheese, natural flavors, soybean oil, salt, garlic and spices.

Pesto - Nut Free, contains: Milk

- Basil, Canola Oil, Water, Parmesan Cheese (pasteurized Part-skim Cows' Milk, Cheese Culture, Salt, Enzymes), Granulated Garlic, Salt.

Marinara Sauce:

- Vine-ripened fresh tomatoes, fresh sauteed and caramelized onions in a blend of extra virgin olive oil and sunflower oil, carrot puree, garlic puree, salt, sugar, basil, black pepper, red pepper, and naturally derived citric acid.

Chicken Breast: contains soy

- Italian dressing: Water, distilled vinegar, sugar, salt, contains less than 2% of food starch-modified, garlic juice, garlic, onion, xanthan gum, sodium benzoate and potassium sorbate, red bell pepper, spices, phosphoric acid, soybean oil, extractive of carrot

Garlic bread- **Contains:** wheat, soy, milk

- Bread: enriched flour (bleached wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, palm oil, yeast, salt, sugar, wheat flour, wheat gluten, defatted soy flour, wheat protein isolate, malted barley flour, dextrose, wheat starch, L-cysteine, azodicarbonamide, calcium carbonate, soy oil, enzymes, ascorbic acid, diammonium phosphate, calcium peroxide, dicalcium phosphate, corn meal. Spread: natural oil blend (soybean, palm fruit, palm kernel, extra virgin olive and/or canola), water, garlic, sweet cream buttermilk, onion powder, salt, mono- and diglycerides, soy lecithin, potassium sorbate and sodium benzoate (to protect quality), natural and artificial flavor, spices, vitamin A palmitate, beta carotene (for color), lactic acid, citric acid.

Caesar salad

- Caesar Dressing- **Contains:** eggs, fish, milk
 - soybean oil, vinegar, water, parmesan cheese (pasteurized part-skim milk, cheese cultures, salt, enzymes), high fructose corn syrup, egg yolk, salt, contains less than 2% of garlic*, onion*, anchovies, spice, disodium inosinate and disodium guanylate, xanthan gum, yeast extract, citric acid, potassium sorbate and sodium benzoate (preservatives), lemon juice concentrate, caramel color, calcium disodium edta (to protect flavor), red bell pepper*, turmeric. *dried contains egg, anchovy, milk.
- Croutons- **Contains:** wheat, milk. packaged in a facility that also packages tree nuts.
 - enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), canola and/or sunflower oil, whey, salt, yeast, 2% or less of high fructose corn syrup, sugar, spices, dehydrated parsley, onion powder, calcium propionate (preservative), paprika (color), turmeric (color), extractive of paprika (color), spice extractive, enzymes, ascorbic acid, tbhq (to preserve freshness).

Cooked Veggies

- Carrots, Green Beans, Yellow Squash, Zucchini, olive/canola oil, salt, spices

Parmesan Cheese: contains milk