OPTIONAL LUNCH MENU • SUMMER 2021

AT THE EPISCOPAL ACADEMY • 610-688-3298

Campers may participate in this program on a weekly basis only. The cost is \$50.00 per week and there is a reduced rate for the week of July 5th (4-day week). If you are interested in registering your child for the optional lunch program, please contact the camp office at 610-688-3298.

WEEK 1 **JUNE 21-25**

MONDAY

- Grilled Chicken Caesar Wrap
- Taco Turnovers
- · Mexican Confetti Rice
- Cilantro-Lime Corn Assorted Fresh Whole Fruit
- Assorted Fresh-baked Cookies

TUESDAY

- Turkey Sub
- · Chicken Parmesan
- Pasta with Marinara · Sautéed Tuscan
- Vegetables
- Assorted Fresh Whole Fruit
- Cinnamon-Sugar Donut Holes

WACKY WEDNESDAY

- · Grilled Buffalo Chicken Wrap
- Montreal-Seasoned Hamburgers
- French Fries
- Steamed Peas & Carrots
- Assorted Fresh Whole Fruit
- · Assorted Fresh-baked Cookies

THURSDAY

- · Turkey Sub
- Grilled Asian Chicken Thighs
- Rice Pilaf
- Sautéed Asian Vegetables
- · Assorted Fresh Whole Fruit
- Chocolate Chip Brownies

FANTASTIC FRIDAY

- · Ham Sub With Lettuce & Tomatoes
- · Cheese Pizza

CELEBRATING

Summers

- · Pepperoni Pizza
- Pasta Fresca
- · Sautéed Green Beans
- Assorted Fresh Whole Fruit
- · Assorted Ice Cream Novelties

WEEK 2 **JUNE 28-JULY 2**

MONDAY

- · Grilled Chicken Caesar Wran
- · All-Beef Hotdogs with Bun and a Pickle
- House-made Ranch Potato Chins
- · Assorted Fresh Whole Fruit
- Assorted Fresh-baked Cookies

TUESDAY

- Turkev Sub
- Chicken Tenders
- Mac & Cheese
- Corn
- Assorted Fresh Whole Fruit
- · House Made Rice Krispies® Treats

WACKY WEDNESDAY

- · Grilled Buffalo Chicken Wrap
 - · Spaghetti and Meatballs
 - · Garlic Butter Breadsticks
 - Roasted Vegetables
 - · Assorted Fresh Whole Fruit
 - Assorted Fresh-baked Cookies

THURSDAY

- Turkey Sub
- · Grilled Tuscan Chicken **Breast**
- · Buttered Egg Noodles
- · California Grilled Vegetables
- · Assorted Fresh Whole Fruit
- · S'mores Brownies

FANTASTIC FRIDAY

- Ham Sub With Lettuce & Tomatoes
- · Cheese Pizza Pepperoni Pizza
- · Bruschetta Pasta
- Italian Green Beans
- · Assorted Fresh Whole Fruit
- · Assorted Ice Cream Novelties

WEEK 3

MONDAY

NO CAMP Happy July 4th

JULY 5-9

Turkev Sub

- · Chicken Quesadillas
- White Rice
- Steamed Sweet Corn Assorted Fresh Whole Fruit
- Funnel Cakes

WACKY WEDNESDAY

- · Grilled Buffalo Chicken
- · Philly Cheese Steak Sub
- Seasoned French Fries
- Buttered Cauliflower with Breadcrumbs
- Assorted Fresh Whole Fruit
- Assorted Fresh-baked Cookies

THURSDAY

- Turkey Sub
- House-made General Tso's Chicken
 - Jasmine Rice
 - Seasoned Broccoli
 - Assorted Fresh Whole Fruit Chocolate-Frosted

FANTASTIC FRIDAY

Brownies

- Ham Sub With Lettuce & Tomatoes
- Cheese Pizza
- Pepperoni Pizza Summer Vegetable Penne
- Savory Green Beans
- · Assorted Fresh Whole Fruit
- Assorted Ice Cream Novelties

WEEK 4

MONDAY

JULY 12-16

- · Grilled Chicken Caesar Wrap
- Taco Turnovers
- Mexican Confetti Rice · Cilantro-Lime Corn
- · Assorted Fresh Whole Fruit
- Assorted Fresh-baked Cookies

TUESDAY

- Turkey Sub
- Chicken Parmesan Pasta with Marinara
- Sautéed Tuscan Vegetables
- · Assorted Fresh Whole Fruit
- Cinnamon-Sugar Donut

WACKY WEDNESDAY

- · Grilled Buffalo Chicken Wrap
- Montreal-Seasoned Hamburgers
- French Fries • Steamed Peas & Carrots
- · Assorted Fresh Whole Fruit
- · Assorted Fresh-baked Cookies

THURSDAY

- Turkey Sub
- Grilled Asian Chicken Thiahs
- Rice Pilaf
- Sautéed Asian Vegetables
- · Assorted Fresh Whole Fruit • Chocolate Chip Brownies

FANTASTIC FRIDAY

- Ham Sub With Lettuce & Tomatoes
- Cheese Pizza
- Pepperoni Pizza Pasta Fresca

Novelties

- Sautéed Green Beans
- · Assorted Fresh Whole Fruit Assorted Ice Cream

WEEK 5

JULY 19-23

MONDAY

- Grilled Chicken Caesar
- · All-Beef Hotdogs with Bun and a Pickle
- · House-made Ranch Potato Chips
- · Assorted Fresh Whole Fruit Assorted Fresh-baked

Cookies **TUESDAY**

- Turkey Sub
- · Chicken Tenders
- · Mac & Cheese
- Corn Assorted Fresh Whole Fruit
- · House Made Rice Krispies® Treats

WACKY WEDNESDAY

- · Grilled Buffalo Chicken Wrap
- · Spaghetti and Meatballs
- · Garlic Butter Breadsticks
- Roasted Vegetables
- · Assorted Fresh Whole Fruit Assorted Fresh-baked Cookies

THURSDAY

- Turkey Sub
- · Grilled Tuscan Chicken Breast
- Buttered Egg Noodles · California Grilled
- Vegetables · Assorted Fresh Whole Fruit

· S'mores Brownies **FANTASTIC FRIDAY**

- Ham Sub With Lettuce & Tomatoes
- Cheese Pizza Pepperoni Pizza
- Bruschetta Pasta
- Italian Green Beans · Assorted Fresh Whole Fruit

· Assorted Ice Cream Novelties

WEEK 6 **JULY 26-30**

MONDAY

- · Cheese Ravioli with Marinara
- Garlic Knots
- Grilled Vegetables · Assorted Cookies · Assorted Hand Fruits
- Grilled Chicken Caesar Wran

TUESDAY

Wrap

- Turkey Sub
- · Chicken Ouesadillas

· Philly Cheese Steak Sub

Buttered Cauliflower with

Assorted Fresh Whole Fruit

House-made General Tso's

· Assorted Fresh Whole Fruit

Ham Sub With Lettuce &

Summer Vegetable Penne

· Assorted Fresh Whole Fruit

Savory Green Beans

· Assorted Ice Cream

Seasoned French Fries

Assorted Fresh-baked

Breadcrumbs

Cookies

Turkey Sub

Chicken

Brownies

Tomatoes

Pasta

Novelties

Cheese Pizza

Pepperoni Pizza

Jasmine Rice

· Seasoned Broccoli

· Chocolate-Frosted

FANTASTIC FRIDAY

THURSDAY

- · White Rice · Steamed Sweet Corn
- · Assorted Fresh Whole Fruit Vegetables Funnel Cakes
 - Assorted Fresh Whole Fruit Cinnamon-Sugar Donut

WACKY WEDNESDAY Holes · Grilled Buffalo Chicken

WACKY WEDNESDAY · Grilled Buffalo Chicken

WEEK 7

AUGUST 2-6

· Grilled Chicken Caesar

· Mexican Confetti Rice

· Assorted Fresh-baked

Assorted Fresh Whole Fruit

· Cilantro-Lime Corn

· Chicken Parmesan

Sautéed Tuscan

Pasta with Marinara

Taco Turnovers

MONDAY

Wrap

Cookies

Turkey Sub

TUESDAY

- Wrap · Montreal-Seasoned
- Hamburgers
- French Fries
- Steamed Peas & Carrots
- Assorted Fresh Whole Fruit · Assorted Fresh-baked Cookies

THURSDAY

Thiahs

- Turkev Sub · Grilled Asian Chicken
- Rice Pilaf • Sautéed Asian Vegetables
- Assorted Fresh Whole Fruit · Chocolate Chip Brownies

FANTASTIC FRIDAY

- Ham Sub With Lettuce & Tomatoes
- · Cheese Pizza Pepperoni Pizza Pasta Fresca
- · Sautéed Green Beans
- · Assorted Fresh Whole Fruit · Assorted Ice Cream
- Novelties

WEEK 8 **AUGUST 9-13**

MONDAY

- Grilled Chicken Caesar Wrap
- · All-Beef Hotdogs with Bun and a Pickle House-made Ranch Potato
- Chips · Assorted Fresh Whole Fruit
- Assorted Fresh-baked Cookies

TUESDAY Turkey Sub

- Chicken Tenders Mac & Cheese
- Corn

Assorted Fresh Whole Fruit

· House Made Rice Krispies® Treats

- **WACKY WEDNESDAY** Grilled Buffalo Chicken
- Wrap
- Spaghetti and Meatballs · Garlic Butter Breadsticks
- Roasted Vegetables Assorted Fresh Whole Fruit Assorted Fresh-baked

Cookies

- THURSDAY
- Turkev Sub · Grilled Tuscan Chicken
- Breast · Buttered Egg Noodles
- California Grilled Vegetables

Assorted Fresh Whole Fruit

· S'mores Brownies

- **FANTASTIC FRIDAY** Ham Sub With Lettuce &
- Tomatoes Cheese Pizza
- Pepperoni Pizza · Bruschetta Pasta
- · Italian Green Beans · Assorted Fresh Whole Fruit

· Assorted Ice Cream Novelties