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
- · Pepperoni Pizza

CELEBRATING

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

WEEK 2 **JUNE 28-JULY 2**

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

- Turkey Sub
- Grilled Tuscan Chicken · 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 **JULY 5-9**

MONDAY

NO CAMP Happy July 4th

Turkey Sub

- Chicken Ouesadillas
- · 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

- Turkev 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

- · Grilled Chicken Caesar Wrap
- Taco Turnovers Mexican Confetti Rice

JULY 12-16

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

WEEK 5

JULY 19-23

- · 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

MONDAY

- 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

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 Wrap

TUESDAY

- Turkey Sub
- · Chicken Quesadillas
- · White Rice Steamed Sweet Corn
- · Assorted Fresh Whole Fruit Funnel Cakes
- Cinnamon-Sugar Donut **WACKY WEDNESDAY**
- Philly Cheese Steak Sub Seasoned French Fries

· Grilled Buffalo Chicken

- Buttered Cauliflower with Breadcrumbs
- · Assorted Fresh Whole Fruit Assorted Fresh-baked

THURSDAY

Turkey Sub

Cookies

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

Brownies · S'mores Brownies

 Ham Sub With Lettuce & Tomatoes

FANTASTIC FRIDAY

- Cheese Pizza Pepperoni Pizza Summer Vegetable Penne
- Pasta Savory Green Beans · Assorted Fresh Whole Fruit
- · Assorted Ice Cream Novelties

WEEK 7 **AUGUST 2-6**

MONDAY

MONDAY

· Grilled Chicken Caesar Wrap

· Assorted Fresh-baked

Cookies

Turkey Sub

· Chicken Parmesan

Sautéed Tuscan

WACKY WEDNESDAY

· Montreal-Seasoned

Hamburgers

French Fries

Cookies

Turkey Sub

Thighs

Rice Pilaf

· Cheese Pizza

Pasta Fresca

Novelties

Pepperoni Pizza

· Sautéed Green Beans

· Assorted Ice Cream

Assorted Fresh Whole Fruit

THURSDAY

· Grilled Buffalo Chicken

Steamed Peas & Carrots

Assorted Fresh-baked

· Grilled Asian Chicken

• Sautéed Asian Vegetables

· Chocolate Chip Brownies

Assorted Fresh Whole Fruit

Vegetables

Wrap

Pasta with Marinara

· Assorted Fresh Whole Fruit

TUESDAY

- Taco Turnovers · All-Beef Hotdogs with Bun · Mexican Confetti Rice and a Pickle
- · Cilantro-Lime Corn · House-made Ranch Potato Assorted Fresh Whole Fruit Chips

Wrap

Assorted Fresh-baked Cookies

WEEK 8

AUGUST 9-13

Grilled Chicken Caesar

Assorted Fresh Whole Fruit

- **TUESDAY**
- Turkey Sub Chicken Tenders
- Mac & Cheese Corn

· House Made Rice

Krispies® Treats

· Assorted Fresh Whole Fruit

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

Assorted Fresh-baked

Cookies

Breast

Wrap

- **THURSDAY**
- Turkey Sub · Grilled Tuscan Chicken
- · Buttered Egg Noodles · California Grilled

Assorted Fresh Whole Fruit

- Cheese Pizza
- Bruschetta Pasta
- · Assorted Fresh Whole Fruit · Assorted Ice Cream

Vegetables Assorted Fresh Whole Fruit · S'mores Brownies

- Ham Sub With Lettuce & Tomatoes
- Pepperoni Pizza
- · Italian Green Beans
- Novelties

FANTASTIC FRIDAY FANTASTIC FRIDAY • Ham Sub With Lettuce & Tomatoes