

Hot Lunch program menu

Spring break camps 2025

Week 1

Monday

- **Main: Chicken Strips**
Crispy, golden-fried chicken strips served with a dipping sauce.
- **Vegetarian Main: Crispy Tofu Strips**
Breaded and fried tofu strips, seasoned to perfection.
- **Sides: French Fries, Mixed Greens Salad**
Classic golden fries paired with a refreshing salad of mixed greens.
- **Dessert: Oatmeal Cookie or Chocolate Chip Cookie**
Soft and chewy cookies, your choice of oatmeal or chocolate chip.

Tuesday

- **Main: Spaghetti with Meat Sauce**
Classic spaghetti topped with a rich and savory meat sauce.
- **Vegetarian Main: Spaghetti with Marinara Sauce and Mixed Vegetables**
A vegetarian twist with marinara sauce and colorful vegetables.
- **Side: Caesar Salad**
Crisp romaine lettuce tossed with creamy Caesar dressing, croutons, and Parmesan cheese.
- **Dessert: Crêpes with Nutella or Jam**
Delicate crêpes filled with your choice of Nutella or fruity jam.

Wednesday

- **Main: Meat Pizzas**
Freshly baked pizzas topped with a variety of meat options.
- **Vegetarian Main: Vegetable Pizzas**
Pizzas topped with vibrant, garden-fresh vegetables.
- **Side: Mixed Greens Salad**
Light and refreshing salad to complement the main.
- **Dessert: Granola Bar**
Wholesome, chewy bar packed with oats and nuts.

Thursday

- **Main: Chicken Quesadilla with Bell Peppers and Cheese**
Grilled tortillas filled with seasoned chicken, bell peppers, and gooey cheese.
- **Vegetarian Main: Quesadilla with Bell Peppers, Onions, and Black Beans**
A vegetarian quesadilla loaded with flavorful veggies and black beans.
- **Sides: Salsa and Sour Cream**
Zesty salsa and creamy sour cream for dipping.
- **Dessert: Chocolate Mousse**
Rich, silky-smooth chocolate mousse.

Friday

- **Main: Chicken and Vegetable Stir-Fry**
Hearty stir-fry with tender chicken and fresh vegetables in a savory sauce.
- **Vegetarian Main: Tofu and Vegetable Stir-Fry**
Plant-based stir-fry featuring tofu and crisp vegetables.
- **Side: Fried Rice**
Flavorful fried rice with a medley of vegetables.
- **Dessert: Chocolate or Vanilla Cupcakes**
Moist cupcakes with chocolate or vanilla frosting.

Week 2

Monday

- **Main: Grilled Chicken Wrap**
Soft tortilla filled with grilled chicken, lettuce, and a light dressing.
- **Vegetarian Main: Grilled Veggie Wrap**
Tortilla stuffed with grilled vegetables and a tangy dressing.
- **Sides: Sweet Potato Fries, Green Salad**
Crispy, seasoned sweet potato fries served with a fresh green salad.
- **Dessert: Chocolate Mousse**
Indulgent and creamy chocolate mousse.

Tuesday

- **Main: Macaroni and Cheese**
Classic comfort food with creamy cheese sauce and macaroni.
- **Vegetarian Main: Veggie Macaroni and Cheese**
A veggie-packed version of the classic dish.

- Side: Coleslaw
Crisp, tangy coleslaw with a creamy dressing.
- Dessert: Apple Turnovers
Flaky pastries filled with spiced apple goodness.

Wednesday

- Main: Grilled Ham and Cheese Sandwich
Warm and melty ham and cheese sandwich grilled to golden perfection.
- Vegetarian Main: Grilled Cheese Sandwich
Classic grilled cheese with gooey melted cheese on crispy bread.
- Side: Tomato Soup
Creamy tomato soup, perfect for dipping your sandwich.
- Dessert: Cinnamon Bun
Soft, sweet bun swirled with cinnamon and topped with glaze.

Thursday

- Main: Chicken Alfredo
Creamy Alfredo pasta with tender chicken pieces.
- Vegetarian Main: Mushroom Alfredo
Pasta tossed in a rich Alfredo sauce with sautéed mushrooms.
- Side: Green Salad
A simple, crisp green salad with a light vinaigrette.
- Dessert: Chocolate or Vanilla Cupcakes
Choose between chocolate or vanilla cupcakes with creamy frosting.

Friday

- Main: Fish Sticks
Crispy, golden fish sticks served with tartar sauce.
- Vegetarian Main: Chickpea “Fish” Fingers
Savory chickpea-based fingers with a hint of the sea.
- Sides: Mashed Potatoes, Roasted Carrots
Creamy mashed potatoes and caramelized roasted carrots.
- Dessert: Fruit Salad with Sweet Honey Dressing
A mix of fresh fruits drizzled with a light honey dressing.

Daily Additions:

A variety of juices will be available.

A fruit can be substituted for dessert if desired.