

Southampton

CAMP & CLUB

MENU 2017

WHAT'S COOKIN'

Daily Fresh Fruit Bar

Apples, Peaches, Plums, Bananas, Nectarines, Pears & Oranges

Daily Salad Bar

Fresh & Locally Grown Lettuce, Tomatoes, Cucumbers, Peppers, Broccoli, Beans, Grains, Tuna Salad, Egg Salad, Cottage Cheese, Assorted Dressings & More!

Daily Sandwich Bar

Assorted Sliced Cheeses, Turkey, Veggies, Kosher Meats, Whole Grain Breads, Wraps & Bagels!

Daily Baked Potato Bar

PIZZA!

Wednesday is Pizza Day at SCC

BBQ!

Friday is BBQ Day at SCC

Daily Pasta

Multi Grain Pasta with Mixed Veggies, and choice of Fresh Tomato Sauce or Olive Oil & Parmesan Cheese.

DRINKS

Water, Fresh Lemonade and Apple Juice

Daily Yogurt

Organic Lowfat Yogurt available in assorted flavors

July

August

Post Camp

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
June 26 Panko Breaded Chicken Tenders with Mixed Vegetables	June 27 Spaghetti & Meatballs with Fresh Parm	June 28 NEW YORK STYLE PIZZA	June 29 Whole Wheat Grilled Cheese Plain, Bacon or Tomato with Corn	June 30 BLUE & YELLOW BBQ with Watermelon
July 3 LEMON CHICKEN with Rice Pilaf	July 4 CAMP CLOSED Happy Birthday America!	July 5 SPECIALTY PIZZA	July 6 QUESADILLAS with Guacamole & Pico de Gallo	July 7 GINORMOUS BBQ with Watermelon
July 10 STARFISH Bites Baked Beans	July 11 Chicken Fajitas Spanish Rice	July 12 CHICAGO TOWN PIZZA	July 13 Mac & Cheese with Honey Glazed Carrots	July 14 SHOWTIME BBQ with Watermelon
July 17 Chicken Fajitas with Spanish Rice	July 18 TACO TUESDAY with Mexican Sides	July 19 PIZZA BAGELS	July 20 baked Ziti with Cheesy Garlic Bread	July 21 Escape Room BBQ! with Watermelon
July 24 CHICKEN PARMESAN with Steamed Green Beans	July 25 Sloppy Joes with Oven Baked Fries	July 26 SICILIAN PIZZA	July 27 BREAKFAST BUFFET Sausage, Pancakes, French Toast	July 28 Game Show BBQ with Watermelon
July 31 Panko Breaded Chicken Cutlets Steamed Broccoli	Aug 1 Fish Sticks Baked Beans	Aug 2 Pizza Slice	Aug 3 Cheese & Meat Lasagne Steamed Veg	Aug 4 Birthday BBQ with Watermelon
Aug 7 FISH STICKS Baked Beans	Aug 8 Meatball Hero Garden Variety Peas	Aug 9 DEEP DISH PIZZA	Aug 10 QUESADILLAS with Guacamole & Pico de Gallo	Aug 11 Showtime BBQ with Watermelon
Aug 14 Popcorn Chicken Peas & oven baked fries	Aug 15 TURKEY TACOS Sour Cream	Aug 16 Pizza Feast	Aug 17 Multigrain Grilled Cheese Plain, Bacon or Tomato w/corn	Aug 18 End of Summer Smorgasboard Feast
Aug 21 CHICKEN PARM Cheesy Garlic Bread	Aug 22 Post-Camp Brunch 4 Lunch with Sausage, Pancakes & French Toast	Aug 23 Pizza Wedges	Aug 24 Mac & Cheese with Honey Glazed Carrots	Aug 25 Post-Camp BBQ with Watermelon
Aug 28 Mediterranean Chicken with Quinoa	Aug 29 Sloppy Joes with Sweet Potato Fries	Aug 30 POST-CAMP PIZZA PARTY	Aug 31 Pasta Surprise Assorted Wraps & Sauces	Sept 1 End of Summer BUFFET

Any questions? Email us at fun@SouthamptonCC.com
*Menu subject to change based on availability