

Southampton CAMP & CLUB MENU 2023

WHAT'S COOKIN'

BBQ ON WEDNESDAYS
PIZZA EVERY FRIDAY



DAILY FRUIT BAR

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

DAILY SALAD BAR

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

DAILY PASTA

Multi-Grain Pasta with a variety of Sauces, Olive Oil & Parmesan Cheese to choose from.

DAILY SANDWICH BAR

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

ONCE PER WEEK... BBQ EVERY WEDNESDAY

Beef & Veggie Burgers, Hot Dogs, Grilled Chicken & Watermelon

PIZZA Every Friday!

DAILY YOGURT in assorted flavors

Email us at Fun@SouthamptonCC.com or call us: 631-488-4700 ext. 1
*Menu subject to change based on availability

June - July
August
Post-Camp

Monday	Tuesday	Wednesday	Thursday	Friday
June 26th BAKED Chicken Tenders w/ Sweet Potato Fries, Carrot Sticks & Dipping Sauces	27 Build-A-BURRITO w/ Rice, Beans, Ground Meats & Veggies	28 SCC-STYLE BBQ Beef & Veggie Burgers, Hotdogs, Grilled Chicken & Watermelon	29 PANCAKES + FRENCH TOAST BRUNCH Fresh Fruit & Yogurt	30 ALL AMERICAN PIZZA w/ Chicken Caesar Salad
July 3rd Chicken & Veggie FAJITAS w/ Yellow Rice, Corn & Southwest Salad	4 CAMP CLOSED Happy 4th of July!!!	5 Star Spangled BBQ Beef & Veggie Burgers, Hot Dogs, Grilled Chicken & Watermelon	6 Chicken or Cheese quesadillas!!! w/ Yellow Rice, Guacamole & Rainbow Peppers	7 PIZZA BONANZA w/ Cucumber Wheels
10 SCC BREADED POPCORN Chicken w/ Peas & Oven Baked Fries	11 TACO TUESDAY! w/ Yellow Rice, Black Beans & Southwest Salad	12 BLAZIN' BBQ Beef & Veggie Burgers, Hot Dogs, Grilled Chicken & Watermelon	13 BAKED MAC & CHEESE w/ Honey Glazed Carrots & Broccoli	14 PIZZA BAGELS! w/ Chicken Caesar Salad
17 Mediterranean Chicken w/ Baked Pita, Cucumber Slices & Hummus	18 Turkey Meatball Subs w/ Garlic Bread, Grape Tomatoes & Pineapple Chunks	19 BBQ FEAST Beef & Veggie Burgers, Hot Dogs, Grilled Chicken & Watermelon	20 GRILLED CHEESE w/ Celery & Carrot Sticks	21 DEEP DISH PIZZA w/ Nectarines
24 CLASSIC CHICKEN PARM w/ Garlic Bread & Green Beans	25 NACHO BAR w/ Ground Beef/Chicken, Peppers/Onions & Pico de gallo	26 BBQ BANQUET Beef & Veggie Burgers, Hot Dogs, Grilled Chicken & Watermelon	27 PASTA w/ Assorted Sauces	28 PIZZA, PIZZA PIZZA! w/ Grilled Chicken Caesar Salad
31 Panko Breaded Chicken Cutlets w/ Mashed Potatoes, Broccoli & Spring Salad	August 1st TURKEY TACO BAR Nachos & Mexican Style Slaw	2 Hamptons Cookout BBQ Beef & Veggie Burgers, Hot Dogs, Grilled Chicken & Watermelon	3 Chicken & Veggie FAJITAS w/ Spanish Rice	4 Thin Crust Pizza w/ Cucumber Wheels
7 MEDITERRANEAN CHICKEN w/ Pita, Cucumber Slices, & Orzo Pasta	8 BURRITO BAR w/ Ground Chicken/Beef, Beans & Yellow Rice	9 SMOKIN' BBQ Beef & Veggie Burgers, Hot Dogs, Grilled Chicken & Watermelon	10 BREAKFAST BUFFET Pancakes, French Toast, Turkey Bacon, Cereal & Fruit	11 Veggie or Plain Pizza Wedges w/ Greek Salad
14 CLASSIC CHICKEN PARM w/ Buttered Spaghetti & Green Beans	15 SPAGHETTI & MEATBALLS w/ Parmesan Cheese & Caprese Salad	16 Grillin' BBQ Beef & Veggie Burgers, Hot Dogs, Grilled Chicken & Watermelon	17 GRILLED CHEESE w/ Carrots & Mixed Salad	18 PIZZA BAGELS w/ Chicken Caesar Salad
21 Chicken & Vegetable Fajitas w/ Yellow Rice, Corn and Southwest Salad	22 MAKE YOUR OWN NACHOS! w/ Ground Beef/Chicken, Peppers/Onions, & Pico de Gallo	23 Post-Camp BBQ Beef & Veggie Burgers, Hot Dogs, Grilled Chicken & Watermelon	24 PASTA w/ Assorted Sauces	25 POST-CAMP PIZZA PARTY w/ Cucumber Salad
28 SCC BREADED POPCORN CHICKEN w/ Fries & Grape Tomatoes	29 POST-CAMP TACO'S w/ w/ Yellow Rice, Beans, Corn & Tortilla Salad	30 END OF SUMMER BBQ COOKOUT Beef & Veggie Burgers, Hot Dogs, Grilled Chicken & Watermelon	31 BAKED MAC & CHEESE & Steamed Broccoli	September 1 STARFISH-A-Licious Buffet!