

# Southampton CAMP & CLUB

## MENU 2020 WHAT'S COOKIN'

### Daily Fresh 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 Sandwich Bar

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

### PIZZA!

Wednesday is Pizza Day at SCC

### BBQ!

Friday is BBQ Day at SCC

### Daily Pasta

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

### DRINKS

Water & Fruit Infused Water Available

### Daily Baked potato Bar

w/ Assorted Toppings

### Daily Yogurt

Organic Lowfat Yogurt available in assorted flavors

Any questions? Email us at [fun@SouthamptonCC.com](mailto:fun@SouthamptonCC.com)  
\*Menu subject to change based on availability

June - July

August

Post-Camp

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>JUNE 29</b> <b>CHICKEN &amp; VEGGIE FAJITAS</b> w/ Yellow Rice, Corn & Tortilla Salad	<b>30</b> <i>Turkey Meatball Subs</i> w/ Garlic Bread & Tomato & Rocket Salad	<b>JULY 1</b> <b>SCC-STYLE PIZZA</b> w/ Raisin & Apple Salad	<b>2</b> <b>All American BBQ</b> Beef & Veggie Burgers, Hot Dogs, Grilled Chicken & Watermelon	<b>3</b> <b>CAMP CLOSED</b> Happy July 4th!
<b>6</b> <b>Baked Chicken Tenders</b> w/ Sweet Potato Fries, Dipping Sauces & Summer Slaw	<b>7</b> <i>Brunch Breakfast 4 Lunch</i> Waffles, Scrambled Eggs, Turkey Sausage, Cereals & Fresh Fruit	<b>8</b> <b>PIZZA! PIZZA! PIZZA!</b> w/ Cucumber Salad	<b>9</b> <i>Chicken or Cheese</i> <b>QUESADILLAS</b> w/ Yellow Rice, Guacamole & Pico de Gallo	<b>10</b> <b>CAMP ROCK BBQ</b> Beef & Veggie Burgers, Hot Dogs, Grilled Chicken & Watermelon
<b>12</b> <b>Mediterranean Chicken</b> w/ Cucumber Slices, Baked Pita, Hummus & Tzatziki	<b>13</b> <b>TACO TUESDAY!</b> Yellow Rice & Black Beans w/ Southwestern Salad	<b>14</b> <b>PIZZA BAGELS!</b> w/ Chicken Caesar Salad	<b>15</b> Plain, Tomato, or Turkey Bacon <i>Grilled Cheese</i> w/ Broccoli & Tossed Salad	<b>16</b> <i>Lights, Camera...</i> <b>BBQ</b> Beef & Veggie Burgers, Hot Dogs, Grilled Chicken & Watermelon
<b>19</b> <b>POPCORN CHICKEN</b> w/ Peas & Oven Baked Fries	<b>20</b> Beef or Veggie <i>Penne Carbonara with Broccoli</i>	<b>21</b> <b>PIZZA PALOOZA</b> w/ Raisin & Apple Salad	<b>22</b> <b>CHICKEN &amp; VEGGIE FAJITAS</b> Pico de Gallo & Spanish Rice	<b>23</b> <b>COUNTRY BBQ</b> Beef & Veggie Burgers, Hot Dogs, Grilled Chicken & Watermelon
<b>27</b> <i>Baked</i> <b>CHICKEN PARM</b> w/ Garlic Bread & Green Beans	<b>28</b> <i>Chicken or Cheese</i> <b>QUESADILLAS</b> w/ Spanish Rice & Corn	<b>29</b> <b>DEEP DISH PIZZA!</b> w/ Tomato Salad	<b>30</b> <b>BAKED MAC N CHEESE</b> w/ Honey Glazed Carrots & Chopped Salad	<b>31</b> <b>TOUGH MUDDER BBQ</b> Beef & Veggie Burgers, Hot Dogs, Grilled Chicken & Watermelon
<b>AUG 3</b> Plain, Tomato, or Turkey Bacon <i>Grilled Cheese</i> w/ Broccoli & Tossed Salad	<b>4</b> Panko Breaded <b>Chicken Cutlets</b> with Mashed Potatoes, Broccoli & Spring Salad	<b>5</b> <b>THIN CRUST PIZZA</b> w/ Chopped Salad	<b>6</b> <b>TURKEY TACO BAR</b> Nachos & Mexican Style Slaw	<b>7</b> <i>Carnival</i> <b>BBQ</b> Beef & Veggie Burgers, Hot Dogs, Grilled Chicken & Watermelon
<b>10</b> <i>Breakfast Buffet</i> Pancakes, French Toast, Turkey Bacon, Cereal & Fruit	<b>11</b> <i>Spaghetti &amp; Meatballs</i> w/ Parmesan Cheese & Caprese Salad	<b>12</b> Veggie or Plain <b>PIZZA WEDGES</b> w/ Greek Salad	<b>13</b> <b>MEDITERRANEAN CHICKEN</b> w/ Pita, Cucumber slices & Mashed Potatoes	<b>14</b> <i>Red Carpet</i> <b>BBQ</b> Beef & Veggie Burgers, Hot Dogs, Grilled Chicken & Watermelon
<b>17</b> <i>Chicken or Cheese</i> <b>QUESADILLAS</b> w/ Yellow Rice & Beans, Corn Tortilla Salad	<b>18</b> Beef or Veggie <i>Rotini Pasta Bake</i> w/ Green Beans	<b>19</b> <b>PIZZA BAGELS!</b> w/ Arugula Salad	<b>20</b> <i>Classic</i> <b>CHICKEN PARM</b> w/ Mashed Potatoes & Green Beans	<b>21</b> <i>BBQ Banquet!</i> Beef & Veggie Burgers, Hot Dogs, Grilled Chicken & Watermelon
<b>24</b> <b>TURKEY TACO BAR</b> w/ Taco Salad	<b>25</b> <i>Meatball Heros</i> w/ Tossed Salad & Garlic Knots	<b>26</b> Meat & Veggie <b>SPECIALTY PIZZA</b> w/ Greek Salad	<b>27</b> <i>Breakfast 4 Lunch</i> Pancakes, Scrambled Eggs, Turkey Sausage, Cereal & Fruit	<b>28</b> <b>POST-CAMP BBQ</b> Beef & Veggie Burgers, Hot Dogs, Grilled Chicken & Watermelon
<b>31</b> <b>BAKED MAC N CHEESE</b> w/ Broccoli & Tomato Salad	<b>SEPT 1</b> <i>Penne Primavera</i> with Green Beans	<b>2</b> <b>POST-CAMP PIZZA PARTY</b> w/ Cucumber Salad	<b>3</b> <b>POPCORN CHICKEN</b> w/ Fries & Coleslaw	<b>4</b> <b>End of Summer OLYMPIC FEAST!</b>