

CAMP CAYUGA - SAMPLE MENU

Our chefs prepare 3 well-balanced, nutritious meals daily. All meals are served cafeteria-style in our dining halls, which are centrally located on each campus. The menu changes daily and rotates every 14 days. It's prepared by a licensed dietician, and appeals to the taste buds of a camper on a normal diet. Vegetarian meals and entrée alternatives (leftovers) are available. Although rigid dietary guidelines are not observed, we serve neither pork nor shellfish. Our meats, fish, vegetables, and fruit are of the very best quality.

Everyone is encouraged to eat as much as they'd like, and no one ever leaves the dining hall hungry! Note: Camp Cayuga is not a peanut or tree nut free camp.

Campers sit together with their cabin counselors at assigned tables during meal times. Campers on Teen Campus have the privilege of 'open seating' during lunch meals, which permits them to sit with whomever they wish!

FIRST 7 DAYS OF A 14-DAY ROTATING MENU

DAY #1

Breakfast

Fresh Fruit
Assorted Cereals
(Cheerios, Corn Flakes, Rice Krispies, Fruit Loops, Cocoa Puffs, Wheaties, etc)
Scrambled Eggs
Home Fries
Hot Oatmeal
Toast, Jelly & Butter
Yogurt Bar with toppings (granola, berries, etc)
Milk, Hot Chocolate, Juices, Water, Coffee, Tea

Lunch

Hoagie Sandwiches (beef, turkey, chicken)
Sliced Cheese (american,swiss)
Chilled Apple Sauce
Pierogies
Chicken Noodle Soup with plain & oyster crackers
Salad Bar (fresh fruit, cucumber salad, tuna salad, pasta salad)
Peanut Butter & Jelly, and FlufferNutter, Cookies
Assorted Breads
Fruit Drinks, Ice Tea, Water, Coffee, Tea
VEGETARIAN OPTION:
Chickpea Salad Hoagie

Dinner

Spaghetti
Marinara Sauce
Meatballs
California Vegetable Blend
Warm Bread Sticks
Chocolate Brownies
Salad Bar with fresh fruit,
Peanut Butter & Jelly
Assorted Breads & butter
Parmesan Cheese
Milk, Fruit Drinks, Water, Coffee, Tea
VEGETARIAN OPTION:
Veggie Meatballs

DAY #2

Breakfast

Fresh Fruit
Assorted Cereals
(Cheerios, Corn Flakes, etc)
Pancakes (plain & blueberry)
Maple Syrup, Melted Butter
Hard Boiled Eggs
Steamed Bagels and Whipped Cream Cheese
Hot Cream of Rice
Yogurt Bar with toppings (granola, berries, etc)
Milk, Hot Chocolate, Juices, Water, Coffee, Tea

Lunch

Grilled Cheese Sandwiches
Grilled Chicken Strips
French Fries or Tater Tots
Tomato Soup with plain & oyster crackers
Salad Bar (fresh fruit, pasta salad, chicken salad, potato salad, etc)
Peanut Butter & Jelly, and FlufferNutter
Cheese Doodles
Assorted Breads
Fruit Drinks, Ice Tea, Water, Coffee, Tea
VEGETARIAN OPTION:
Veggie Patties on Bun

Dinner

Roast Turkey & Stuffing
French Style Green Beans
Mashed Potatoes, Gravy
French-Style Green Beans
Cranberry Sauce
Warm Dinner Rolls
Cake & Ice Cream
Salad Bar with fresh fruit
Peanut Butter & Jelly
Assorted Breads & butter
Milk, Fruit Drinks, Water, Coffee, Tea
VEGETARIAN OPTION:
Stuffed Peppers, Tomato & Mozzarella Cheese

DAY #3

Breakfast

Fresh Fruit
Assorted Cereals
(Cheerios, Corn Flakes, etc)
Baked Waffles
Hot Syrup, Blueberry Topping
Whip Cream, Melted Butter
Hard Boiled Eggs
Apple Muffin Sheet Cake
Hot Cream of Wheat
Yogurt Bar with toppings (granola, berries, etc)
Milk, Hot Chocolate, Juices, Water, Coffee, Tea

Lunch

Beef Tacos
Black Beans, Mexican Rice
Soft & Hard Shells
Tortilla Chips, Melted Cheese
Turkey Noodle Soup with plain & oyster crackers
Salad Bar (fresh fruit, tuna salad, turkey salad, pasta salad, etc)
Peanut Butter & Jelly, and FlufferNutter
Assorted Breads
Fruit Drinks, Ice Tea, Water, Coffee, Tea
VEGETARIAN OPTION:
Refried Bean Tacos

Dinner

Chicken Cutlet Parmesan
Marinara Sauce
Sweet Peas & Carrots
Pasta or Rice Pilaf
Chocolate Pudding
Salad Bar with fresh fruit
Peanut Butter & Jelly
Assorted Breads & butter
Parmesan Cheese
Milk, Fruit Drinks, Water, Coffee, Tea
VEGETARIAN OPTION:
Eggplant Parmesan

DAY #4

Breakfast

Fresh Fruit
Assorted Cereals
(Cheerios, Corn Flakes, Rice Krispies, Fruit Loops, Cocoa Puffs, Wheaties, etc)
Breakfast Wraps
Hash Browns
Doughnuts
Hot Oatmeal
Yogurt Bar with toppings (granola, berries, etc)
Milk, Hot Chocolate, Juices, Water, Coffee, Tea

Lunch

Pizza (plain or with toppings)
Fried Chicken Wings
Steamed Fresh Broccoli
Beef Vegetable Soup with plain & oyster crackers
Salad Bar (fresh fruit, cucumber salad, chicken salad, pasta salad, etc)
Peanut Butter & Jelly, and FlufferNutter
Assorted Breads
Potato Chips
Fruit Drinks, Ice Tea, Water, Coffee, Tea
ALTERNATIVE OPTION:
White Pizza

Outdoor Barbecue

Hamburgers & Hot Dogs with sliced cheese, tomato, onion, lettuce, sauerkraut, relish, etc
Baked Beans
Corn on the Cobb
Potato Salad, Tuna Salad,
Pasta Salad, Coleslaw
Watermelon
Cookies (variety)
Peanut Butter & Jelly
Assorted Breads & butter
Fruit Drinks, Ice Tea, Water
VEGETARIAN OPTION:
Garden Burgers, Veggie Dogs

DAY #5

Breakfast

Fresh Fruit
Assorted Cereals
Texas French Toast
Maple Syrup, Blueberry Topping, Melted Butter
Hard Boiled Eggs
Steamed Bagels and Whipped Cream Cheese
Hot Cream of Rice
Jelly & Butter
Yogurt Bar with toppings (granola, berries, etc)
Milk, Hot Chocolate, Juices, Water, Coffee, Tea

Lunch

Chicken Ceasar Wraps
Chopped Romaine Lettuce w Caesar Salad Dressing
Glazed Carrots
Herb Buttered Egg Noodles
Chicken Rice Soup with plain & oyster crackers
Salad Bar (fresh fruit, tuna salad, potato/pasta salad, etc)
Tortilla Wraps, Assorted Bread
Peanut Butter & Jelly, and FlufferNutter, Corn Chips
Fruit Drinks, Ice Tea, Water, Coffee, Tea
VEGETARIAN OPTION:
Hummus & Veggie Wraps

Dinner

Baked Ziti
Marinara with meat sauce
Vegetable Medley
Warm Garlic Bread
Fruited Gelatin
Complete Salad Bar including fresh fruit
Assorted Breads & butter
Peanut Butter & Jelly
Milk, Fruit Drinks, Ice Tea, Water, Coffee, Tea
VEGETARIAN OPTION:
Spinach & Cheese Ravioli

DAY #6

Breakfast

Fresh Fruit
Assorted Cereals
(Cheerios, Corn Flakes, Rice Krispies, Fruit Loops, Cocoa Puffs, Wheaties, etc)
Scrambled Eggs
Potato Tater Tots
Hot Cream of Wheat
Toast, Jelly & Butter
Yogurt Bar with toppings (granola, berries, etc)
Milk, Hot Chocolate, Juices, Water, Coffee, Tea

Lunch

Minute Steak Hoagies
Grilled Onions, Peppers, and Melted Cheese
Fried Onion Rings
Chilled Apple Sauce
Turkey Noodle Soup with plain & oyster crackers
Salad Bar (fresh fruit, tuna salad, chicken/pasta salad, etc)
Peanut Butter & Jelly, and FlufferNutter
Assorted Breads, Pretzels
Fruit Drinks, Ice Tea, Water, Coffee, Tea
VEGETARIAN OPTION:
Veggie Meatball Hoagies

Dinner

Baked Chicken with gravy
Cubed Roasted Potatoes
Herb Roasted Carrots
Warm Dinner Rolls
Cake & Ice Cream
Complete Salad Bar including fresh fruit
Peanut Butter & Jelly
Assorted Breads & butter
Milk, Fruit Drinks, Ice Tea, Water, Coffee, Tea
VEGETARIAN OPTION:
Veggie Egg Quiche

DAY #7

Breakfast

Fresh Fruit
Assorted Cereals
(Cheerios, Corn Flakes, etc)
Pancakes (plain, blueberry)
Maple Syrup, Melted Butter
Hard Boiled Eggs
Steamed Bagels and Whipped Cream Cheese
Hot Oatmeal
Yogurt Bar with toppings (granola, berries, etc)
Milk, Hot Chocolate, Juices, Water, Coffee, Tea

Lunch

Macaroni & Cheese
Chicken Nuggets
Steamed Fresh Broccoli
Chicken Noodle Soup with plain & oyster crackers
Salad Bar (fresh fruit, chicken salad, potato salad, cucumber salad, etc)
Peanut Butter & Jelly, and FlufferNutter
Assorted Breads
Cookies (variety)
Fruit Drinks, Ice Tea, Water, Coffee, Tea
VEGETARIAN OPTION:
Veggie Nuggets

Dinner

Beef Fajitas and grilled peppers & onions
Tortilla Wraps
Black Beans
Mexican Rice
Tortilla Chips, Melted Cheese
Peach Cobbler
Salad Bar with fresh fruit
Peanut Butter & Jelly
Assorted Breads & butter
Milk, Fruit Drinks, Ice Tea, Water, Coffee, Tea
VEGETARIAN OPTION:
Bean Burritos, Rice, Tomato, Cheese