





Comstock Menu for Week 1: Sunday, July 28<sup>th</sup> - Friday, August 2<sup>nd</sup>

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 8:30 am		Scrambled eggs Toast Fruit  Cereal  Juice and milk	Pancakes Sausage Fruit  Cereal  Juice and milk	Breakfast Burritos Fruit  Cereal  Juice and milk	French toast Bacon  Cereal  Juice and milk	Cereal/oatmeal Toast/bagels Fruit Yogurt  Juice and milk
Lunch 12:30 pm		Pizza Salad Fruit  Brownies	Tomato soup Grilled cheese and ham Veggie tray Fruit  Pudding	Hamburgers and Hot dogs French fries Macaroni/pasta salad Fruit  Popsicles	Beef Fajita Wraps Veggie tray Pasta salad Fruit  Rice Crispy Treats	Chicken Tenders Tator Tots Corn  Fruit and Yogurt Cup
Dinner 6:00 pm	Spaghetti Meatballs  Garlic bread  Toss salad	Vegetarian Casserole  Green Beans  Pudding with graham crackers and whip cream	Italian Chicken Breast Corn Macaroni salad  Cookies	Cook-out    Cook's Night off ☺	Turkey Gravy Mashed Potatoes Stuffing Green Beans  Cake	
Dessert	Smore bars					

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### Notes:

# of campers + staff = 100 + 26 = 126 -> 130 servings

### **16 tables/8 each**

### Dietary Restrictions

**Staff:** vegan – 1

vegetarians – 3 (1 will eat chicken; 1 no pork)

**Campers:** vegetarians – 2

Gluten-free – 3

**Total:** vegans – 1

Vegetarians – 5

Gluten free – 3

### Other:

No tomato products – 1

No artificial colors – 1

Allergic to peanuts, tree nuts – 2

Lactose intolerant/no milk – 3

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### Meals

Sundays: Pasta

Mondays: Meatless Mondays

Tuesdays: beef/chicken

Wednesdays: beef or pork/cook-out

Thursdays: chicken/turkey

Fridays: None

Programs: Fun N'Sun, Team Extreme, Intro to Sailing, Club Cayuga, CIT