

Project Oceanology Summer Camp Menu

This menu is subject to change

Monday Breakfast

	<i>Regular</i>	<i>Vegetarian</i>	<i>Vegan</i>	<i>Gluten Free</i>	<i>Dairy Free</i>
Entrée	French Toast Sticks	French Toast Sticks	VGN French Toast	GF Waffles	French Toast
Alt Entrée	Individual Cereal	Individual Cereal	Individual Cereal	Individual Cereal	Individual Cereal
Side	Sausage	VGN Sausage	VGN Sausage	Sausage	Sausage
Side	Fruit	Fruit	Fruit	Fruit	Fruit
Beverage	Orange Juice/Milk	Orange Juice/Milk	Orange Juice/Milk	Orange Juice/Milk	Orange Juice/Soy Milk

Monday Lunch

	<i>Regular</i>	<i>Vegetarian</i>	<i>Vegan</i>	<i>Gluten Free</i>	<i>Dairy Free</i>
Entrée	Cheeseburger	Veggie Burger	Veggie Burger	Cheeseburger on GF Bread	Hamburger
Alt Entrée	Garden Salad	Garden Salad	Garden Salad	Garden Salad	Garden Salad
Side	Bag of Chips	Bag of Chips	Bag of Chips	Bag of Chips	Bag of Chips
Dessert	Chocolate Chip Cookie	Chocolate Chip Cookie	VGN Chocolate Chip Cookie	Chocolate Chip Cookie	VGN Chocolate Chip Cookie
Beverage	Fountain Drink	Fountain Drink	Fountain Drink	Fountain Drink	Fountain Drink

Monday Dinner

	<i>Regular</i>	<i>Vegetarian</i>	<i>Vegan</i>	<i>Gluten Free</i>	<i>Dairy Free</i>
Entrée	Pasta with Meatballs	Pasta VGN Burger	Pasta VGN Burger	GF Pasta with Meatballs	Pasta with Meat Sauce
Alt Entrée	Garden Salad	Garden Salad	Garden Salad	Garden Salad	Garden Salad
Side	Garden Salad	Garden Salad	Garden Salad	Garden Salad	Garden Salad
Side	Garlic Knot/Bread	Garlic Knot/Bread	Sourdough Bread	GF Garlic Bread	Sourdough Bread
Dessert	Ice Cream	Ice Cream	Ice Cream	Ice Cream	Sherbert
Beverage	Fountain Drink	Fountain Drink	Fountain Drink	Fountain Drink	Fountain Drink

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Tuesday Breakfast

	<i>Regular</i>	<i>Vegetarian</i>	<i>Vegan</i>	<i>Gluten Free</i>	<i>Dairy Free</i>
Entrée	Bacon, Egg & Cheese on Bagel	VGN Sausage, Egg & Cheese on Bagel	VGN Sausage, Egg & Cheese on Bagel	GF Bacon, Egg & Cheese on a Bagel	Bacon & Egg on a Bagel
Alt Entrée	Individual Cereal	Individual Cereal	Individual Cereal	Individual Cereal	Individual Cereal
Side	Hashbrowns	Hashbrowns	Hashbrowns	Hashbrowns	Hashbrowns
Side	Fruit	Fruit	Fruit	Fruit	Fruit
Beverage	Orange Juice/Milk	Orange Juice/Milk	Orange Juice/Milk	Orange Juice/Milk	Orange Juice/Soy Milk

Tuesday Lunch

	<i>Regular</i>	<i>Vegetarian</i>	<i>Vegan</i>	<i>Gluten Free</i>	<i>Dairy Free</i>
Entrée	Crispy Chicken Wrap	VGN Chicken Wrap	VGN Chicken Wrap	Grilled Chicken Sandwich on GF	Crispy Chicken Wrap
Alt Entrée	Garden Salad	Garden Salad	Garden Salad	Garden Salad	Garden Salad
Side	Bag of Chips	Bag of Chips	Bag of Chips	Bag of Chips	Bag of Chips
Dessert	Sugar Cookie	Sugar Cookie	VGN Oatmeal Cookie	Sugar Cookie	VGN Oatmeal Cookie
Beverage	Fountain Drink	Fountain Drink	Fountain Drink	Fountain Drink	Fountain Drink

Tuesday Dinner

	<i>Regular</i>	<i>Vegetarian</i>	<i>Vegan</i>	<i>Gluten Free</i>	<i>Dairy Free</i>
Entrée	Quesadilla with Taco Beef	Veggie Quesadilla	Veggie Quesadilla	2 Beef Tacos	2 Beef Tacos
Alt Entrée	Garden Salad	Garden Salad	Garden Salad	Garden Salad	Garden Salad
Side	Beans	Beans	Beans	Beans	Beans
Side	Spanish Style Rice	Spanish Style Rice	Spanish Style Rice	Spanish Style Rice	Spanish Style Rice
Dessert	Brownies	Brownies	Brownies	Brownies	Brownies
Beverage	Fountain Drink	Fountain Drink	Fountain Drink	Fountain Drink	Fountain Drink

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Wednesday Breakfast

	<i>Regular</i>	<i>Vegetarian</i>	<i>Vegan</i>	<i>Gluten Free</i>	<i>Dairy Free</i>
Entrée	Pancakes	Pancakes	VGN French Toast	GF Waffles	French Toast
Alt Entrée	Individual Cereal	Individual Cereal	Individual Cereal	Individual Cereal	Individual Cereal
Side	Bacon	VGN Sausage	VGN Sausage	Bacon	Bacon
Side	Fruit	Fruit	Fruit	Fruit	Fruit
Beverage	Orange Juice/Milk	Orange Juice/Milk	Orange Juice/Milk	Orange Juice/Milk	Orange Juice/Soy Milk

Wednesday Lunch

	<i>Regular</i>	<i>Vegetarian</i>	<i>Vegan</i>	<i>Gluten Free</i>	<i>Dairy Free</i>
Entrée	Grilled Cheese Sandwich	Grilled Cheese Sandwich	VGN Grilled Cheese	Grilled Cheese on GF Bread	All Items Below
Alt Entrée	Garden Salad	Garden Salad	Garden Salad	Garden Salad	Garden Salad
Side	Soup	Veggie Soup	Veggie Soup	GF Soup	Dairy Free Soup
Dessert	Dbl. Choc Cookie	Dbl. Choc Cookie	VGN Chocolate Chip Cookie	Dbl. Choc Cookie	VGN Chocolate Chip Cookie
Beverage	Fountain Drink	Fountain Drink	Fountain Drink	Fountain Drink	Fountain Drink

Wednesday Dinner

	<i>Regular</i>	<i>Vegetarian</i>	<i>Vegan</i>	<i>Gluten Free</i>	<i>Dairy Free</i>
Entrée	Chicken Parmesan Sandwich	VGN Chicken Parmesan Sandwich	VGN Chicken & Cheese Parmesan Sandwich	Grilled Chicken Sandwich on GF	Grilled Chicken Sandwich
Alt Entrée	Garden Salad	Garden Salad	Garden Salad	Garden Salad	Garden Salad
Side	Fries	Fries	Fries	Fries	Fries
Side	Chef's Choice Veggie	Chef's Choice Veggie	Chef's Choice Veggie	Chef's Choice Veggie	Chef's Choice Veggie
Dessert	Pudding	Pudding	Pudding	GF Dessert	DF Dessert
Beverage	Fountain Drink	Fountain Drink	Fountain Drink	Fountain Drink	Fountain Drink

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Thursday Breakfast

	<i>Regular</i>	<i>Vegetarian</i>	<i>Vegan</i>	<i>Gluten Free</i>	<i>Dairy Free</i>
Entrée	Sausage, Egg & Cheese on Bagel	VGN Sausage, Egg & Cheese on Bagel	VGN Sausage, Egg & Cheese on Bagel	GF Sausage, Egg & Cheese on Bagel	Sausage & Egg on a Bagel
Alt Entrée	Individual Cereal	Individual Cereal	Individual Cereal	Individual Cereal	Individual Cereal
Side	Hashbrowns	Hashbrowns	Hashbrowns	Hashbrowns	Hashbrowns
Side	Fruit	Fruit	Fruit	Fruit	Fruit
Beverage	Orange Juice/Milk	Orange Juice/Milk	Orange Juice/Milk	Orange Juice/Milk	Orange Juice/Soy Milk

Thursday Lunch

	<i>Regular</i>	<i>Vegetarian</i>	<i>Vegan</i>	<i>Gluten Free</i>	<i>Dairy Free</i>
Entrée	Chicken Tenders	Black Bean Salsa Wrap	Black Bean Salsa Wrap	GF Chicken Tenders	Chicken Tenders
Alt Entrée	Garden Salad	Garden Salad	Garden Salad	Garden Salad	Garden Salad
Side	Fries	Fries	Fries	Fries	Fries
Dessert	Oatmeal Cookie	Oatmeal Cookie	Oatmeal Cookie	Oatmeal Cookie	Oatmeal Cookie
Beverage	Fountain Drink	Fountain Drink	Fountain Drink	Fountain Drink	Fountain Drink

Thursday Dinner

	<i>Regular</i>	<i>Vegetarian</i>	<i>Vegan</i>	<i>Gluten Free</i>	<i>Dairy Free</i>
Entrée	Pulled Pork with BBQ on the side	VGN Pulled Chicken with BBQ on side	VGN Pulled Chicken with BBQ on side	Pulled Pork with BBQ on the side	Pulled Pork with BBQ on the side
Alt Entrée	Garden Salad	Garden Salad	Garden Salad	Garden Salad	Garden Salad
Side	Mashed Potatoes	Mashed Potatoes	Mashed Potatoes	Mashed Potatoes	Mashed Potatoes
Side	Chef's Choice Veggie	Chef's Choice Veggie	Chef's Choice Veggie	Chef's Choice Veggie	Chef's Choice Veggie
Dessert	Jello	VEG Dessert	VGN Dessert	Jello	Jello
Beverage	Fountain Drink	Fountain Drink	Fountain Drink	Fountain Drink	Fountain Drink

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Friday Breakfast

	<i>Regular</i>	<i>Vegetarian</i>	<i>Vegan</i>	<i>Gluten Free</i>	<i>Dairy Free</i>
Entrée	Traditional Breakfast	Traditional Breakfast	Traditional Breakfast (VGN)	Traditional Breakfast	Traditional Breakfast
Alt Entrée	Individual Cereal	Individual Cereal	Individual Cereal	Individual Cereal	Individual Cereal
Side	Baked Goods	Baked Goods	VGN Baked Goods	GF Baked Goods	Baked Goods
Side	Fruit	Fruit	Fruit	Fruit	Fruit
Beverage	Orange Juice/Milk	Orange Juice/Milk	Orange Juice/Milk	Orange Juice/Milk	Orange Juice/Soy Milk

Friday Lunch

	<i>Regular</i>	<i>Vegetarian</i>	<i>Vegan</i>	<i>Gluten Free</i>	<i>Dairy Free</i>
Entrée	Pizza	Pizza	Pizza-VGN Cheese	GF Pizza	Pizza-DF Cheese
Side	Garden Salad	Garden Salad	Garden Salad	Garden Salad	Garden Salad
Dessert	Chocolate Chip Cookie	Chocolate Chip Cookie	VGN Chocolate Chip Cookie	Chocolate Chip Cookie	VGN Chocolate Chip Cookie
Beverage	Fountain Drink	Fountain Drink	Fountain Drink	Fountain Drink	Fountain Drink