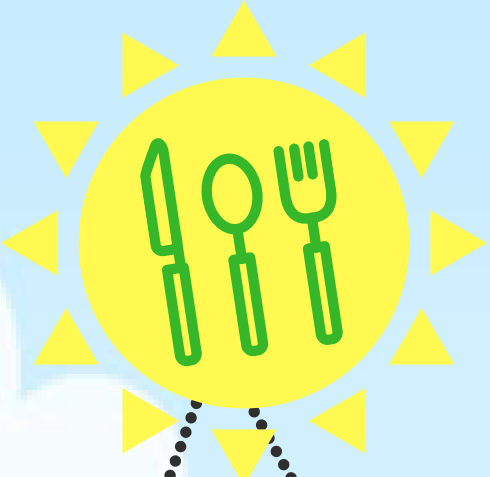
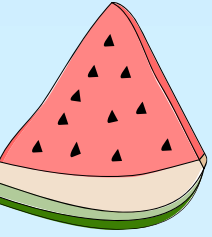


GAN IZZY LUNCH MENU 2019



Week One
June 24-28

Week Two
July 1-5

Week Three
July 8-12

Week Four
July 15-19

Week Five
July 22-26

Week Six
July 29-Aug 2

Monday	Tuesday <i>Soosh</i>	Wednesday <i>Bring a Packed lunch</i>	Thursday	Friday
Baked Ziti & Garlic Bread Steamed Broccoli Fruit Salad & Cookies	Miso Soup Cucumber and California Rolls Fried Rice Pasta with marinara sauce Salad bar Sliced Pickles Chocolate Chip Cookies	Bagged Dairy Lunch Nut-Free	Vegetable Soup Meat Tacos Mexican Rice Fresh Oranges	Caesar Salad Cheese Pizza Marinara Sauce for Pasta Fruit Salad and Cookies
Chicken Nuggets Baked Potato Baby carrots Watermelon	Mushroom Soup Veggie Lo Mein Noodles Mac N Cheese Cucumber Salad Salad bar Sliced Pickles Fresh Fruit	Bagged Dairy Lunch Nut-Free	NO CAMP JULY 4th	Greek Salad Cheese Pizza Marinara Sauce for Pasta Fruit Salad and Cookies
Penne ala vodka Garlic Bread Carrot and Celery Sticks Fruit Salad & Cookies	Veggie Soup Fish Katsu Sticks French Fries Cole Slaw Plain Pasta Salad bar Sliced Pickles Fresh Fruit	Bagged Dairy Lunch Nut-Free	French Toast and Syrup Old Fashioned Oatmeal Yoghurt & Berries Black & White Cookies Fruit Salad	Caesar Salad Cheese Pizza Marinara Sauce for Pasta Fruit Salad and Cookies
Falafel in a Pita hummus Tahini Israeli Salad & Pickles Watermelon	Mushroom Soup Veggie Lo Mein Noodles Mac N Cheese Cucumber Salad Salad bar Sliced Pickles Fresh Fruit	Bagged Dairy Lunch Nut-Free	South African Safari Theme Lunch Chicken Skewers Corn on the Cob Vanilla Ice-cream with Chocolate sauce	Greek Salad Cheese Pizza Marinara Sauce for Pasta Fruit Salad and Cookies
Veggie Soup Grilled Chicken Green Salad Fruit Salad	Pizza Truck	Bagged Dairy Lunch Nut-Free	Hotdogs & Hamburgers Steak Fries Popcorn Cauliflower Watermelon	Miso Soup Cucumber and California Rolls Fried Rice Pasta with marinara sauce Salad bar Sliced Pickles Fresh Fruit
Tomato Rice Soup Assorted Wraps Steamed Broccoli Fruit Salad & Cookies	Veggie Soup Fish Katsu Sticks French Fries Cole Slaw Plain Pasta Salad bar Sliced Pickles Chocolate Chip Cookies	Bagged Dairy Lunch Nut-Free	Chicken Poppers White Rice Mixed Veggies Chocolate Pudding	Greek Salad Cheese Pizza Marinara Sauce for Pasta Fruit Salad and Cookies

SUSHI AT GAN IZZY:
Tuesdays will be catered by Soosh, a family owned and operated restaurant in Stamford, CT that is all about freshness, taste and healthy eating!

Camp Gan Izzy is excited to welcome back our Caterer, **ELISHA FROM RIVERDALE KOSHER MARKET.** Elisha caters nutritionally balanced Kosher lunches. Mondays, Thursdays & Fridays*

*Available each day with lunch on Mondays, Thursday & Fridays:
Plain Pasta, Bread, Jelly, Fruit Salad

Salad Bar: Lettuce Tomatoes Pickes Cucumbers Corn Chickpeas GreenbeansHard Boiled Egg Tuna Salad Ranch Dressing Thousand Island Vinaigrette

