



**OMS Montessori**  
**August 2022**  
 Summer Camp - Vegetarian Menu

**Snacks**

Served with Milk or Water

**Monday:**

**Tuesday:**

**Wednesday:**

**Thursday:**

**Friday:**

**Morning**

Cereal with Milk

Grapes & Croissant

Raisin Bread & Cream Cheese

Muffins & Apple Sauce

Banana Bread & Melons

**Afternoon**

Apple Sauce & Fig Bar

Rice Cakes & Yogurt

Pretzels & Raisins

Raw Veggies & Ranch

Granola Bars & Yogurt

**Entrées**

Served with Fruits & Milk or Water

Monday	Tuesday	Wednesday	Thursday	Friday
Grapes	Pineapple	Bananas	Manadarins	Peaches
1-Aug	2-Aug	3-Aug	4-Aug	5-Aug
Civic Holiday School Closed	Vegetarian Wrap with Creamy Coleslaw	Beyond Meat Stroganoff with Broccoli, Carrots and Cauliflower	Greek Tofu, Potatoes, Tzatziki and Rice (peppers, onions, olives and feta)	Vegetarian Cheese Pizza & Asian Edamame Salad
8-Aug	9-Aug	10-Aug	11-Aug	12-Aug
Tofu Bolognese Pasta with Peppers, Zucchini and Broccoli	Tofu Salad Wrap with Caprese Salad	Battered Cauliflower with Fries, Peas and Corn	Beyond Meat Pot Pie with Green Beans	Vegetarian Cheese Pizza & Greek Tortellini Pasta Salad
15-Aug	16-Aug	17-Aug	18-Aug	19-Aug
Alfredo Pasta, Roasted Tofu, Peppers, Zucchini and Carrots	Vegetarian Wrap w/ Broccoli Chopped Salad	Tofu Fried Rice with Vegetable Springrolls	Beyond Meat Burrito with Mexican Baked Corn	Vegetarian Cheese Pizza & Greek Vegetable Salad
22-Aug	23-Aug	24-Aug	25-Aug	26-Aug
Mac and Cheese with Tofu and Green Beans	Vegetarian Hotdog Sauteed Peppers, Cheese on a Bun w/ Potato Salad	Kung Pao Stir-fry Tofu, Broccoli, Peppers and Zucchini with Rice	Beyond Meat Shepherd's Pie with Roasted Peas & Carrots	Vegetarian Cheese Pizza & Mexican Salad
29-Aug (Toddlers only)	30-Aug (Toddlers only)	31-Aug (Toddlers only)	1-Sep	2-Sep
Pasta Marinara w/ Tofu, Broccoli Cauliflower and Carrots	Vegetarian Wrap with Garden Salad with Balsamic Dressing	Curry Tofu Stir-fry Vegetables with Rice	School Closed	School Closed