



OMS Montessori

July 2022

Summer Camp - Vegetarian Menu

Snacks

Served with Milk or Water

Morning

Afternoon

Monday:

Cereal with Milk

Apple Sauce & Fig Bar

Tuesday:

Grapes & Croissant

Rice Cakes & Yogurt

Wednesday:

Raisin Bread & Cream Cheese

Pretzels & Raisins

Thursday:

Muffins & Apple Sauce

Raw Veggies & Ranch

Friday:

Banana Bread & Melons

Granola Bars & Yogurt

Entrées

Served with Fruits & Milk or Water

Monday	Tuesday	Wednesday	Thursday	Friday
Grapes	Pineapple	Bananas	Manadarins	Peaches
4-Jul	5-Jul	6-Jul	7-Jul	8-Jul
Tofu Bolognese Pasta with Peppers, Zucchini and Broccoli	Tofu Salad Wrap with Caprese Salad	Beyond Meat Pot Pie with Green Beans	Vegetarian Shawarma Platter	Vegetarian Cheese Pizza & Greek Tortellini Pasta Salad
11-Jul	12-Jul	13-Jul	14-Jul	15-Jul
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
18-Jul	19-Jul	20-Jul	21-Jul	22-Jul
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 wih Rice	Beyond Meat Shepherd's Pie with Roasted Peas & Carrots	Vegetarian Cheese Pizza & Mexican Salad
25-Jul	26-Jul	27-Jul	28-Jul	29-Jul
Pasta Marinara w/ Tofu, Broccoli Cauliflower and Carrots	Vegetarian Wrap with Garden Salad with Balsamic Dressing	Battered Cauliflower with Fries, Peas and Corn	Curry Beyond Meat Stir-fry with vegetables and rice	Vegetarian Cheese Pizza & Macaroni Ranch Salad