

JULY 2025 GLUTEN FREE LUNCH MENU

JUNE 17 UPDATE

CAMPER NAME: _____

ALLERGIES:

GROUP: _____

INSTRUCTIONS: Please cross out any menu item your child will not eat and write in substitute from below list. Return form via email to Food Allergies/ Dietary Restrictions Coordinator at heatherbermancw@gmail.com

MON	TUES	WEDS	THURS	FRI
June 30 CHICKEN TENDERS	1 PIZZA CAULIFLOWER Milk, Eggs	2 PASTA (Barilla) TURKEY MEATBALL <i>*Dairy Free</i> Contains Soy	3 COOKOUT Burgers, Veggie Burger (Dr Preager) Hot Dogs, Chicken	4 CLOSED
7 PASTA	8 FRENCH TOAST/BAGELS Udis Bread	9 PASTA	10 CHICKEN TENDERS	11 PIZZA CAULIFLOWER Milk, Eggs
14 GRILLED CHEESE	15 CHICKEN TENDERS	16 PIZZA CAULIFLOWER Milk, Eggs	17 PASTA TURKEY MEATBALL <i>*Dairy Free</i> Contains Soy	18 COOKOUT Burgers, Veggie Burger (Dr Preager) Turkey Hot Dogs, Chicken
21 PIZZA CAULIFLOWER Milk, Eggs	22 PASTA Barilla	23 CHICKEN TENDERS	24 FRENCH TOAST/BAGELS Udis Bread	25 CHICKEN TENDERS

All GF lunches will be prepared separately and picked up at the kitchen window by camper name AM/PM snacks will be picked up in the main office.

DAILY SUBSTITUTES (Always Avail)

- Beef Hamburger
- Turkey Hot Dog
- GF Veggie Burger (Dr Preagers)
- Turkey Hot Dog (Ages 5 & Older)
- Sliced Turkey Breast
- Tuna/Egg Salad Sandwiches (SOY, MILK)
- Grilled Cheese (DAIRY, SOY)
- WowButter Sandwich (SOY)
- Low Fat Yogurt
- Plain Pasta
- Grilled Chicken
- Bagels/Buns/Bread (Udis)
- Daily Fruit or Veggie

SNACKS

- Pirate's Booty
- Snyder's GF Pretzels
- Fritos
- Lays Plain Chips
- Goodie Girl Chocolate Chip Cookies
- Home Free Cookies
- Rich's GF Ice Cream/Ices

KOSHER (Beef Burger, Beef Hot Dog)

NOTES: