

What Will I Eat?

SAMPLE MENU

At Ramah we work to create balanced meals, made from fresh ingredients, that are both healthy and tasty for our campers. All meals are served family style and we have plenty of gluten free, dairy free and vegetarian options!

BREAKFAST

Sunday

Bagels & Scrambled Eggs

Monday

Pancakes & Bananas

Tuesday

Breakfast Burrito

Wednesday

Cheese Omelet & Hashbrowns

Thursday

Yogurt Parfait Bar – Blueberries and Granola

Friday

Waffles & Strawberries

Saturday

Chocolate Muffins & Hardboiled Eggs



LUNCH

Sunday

Mac & Cheese

Monday

Pizza with Salad, Carrots & Celery

Tuesday

Wrap Sandwiches & Bissli

Wednesday

Falafel with Pita, Hummus & Israeli Salad

Thursday

Turkey Burgers

Friday

Make Your Own Burrito

Saturday

Deli Sandwiches, Cholent & Cole Slaw

DINNER

Sunday

Make Your Own Taco

Monday

Stir Fry & Egg Rolls

Tuesday

BBQ (Hamburgers, Hotdogs, French Fries & Watermelon)

Wednesday

Chicken Nuggets & Mashed Potatoes

Thursday

Tortellini & Tomato Soup

Friday

Shabbat Dinner (Chicken, Broccoli, Potatoes, Chicken Noodle Soup, Challah)

Saturday

Spaghetti & Garlic Bread



EVERYDAY ITEMS

Every Breakfast

- Cereal & Granola
- Yogurt & Cottage Cheese
 - Fresh Fruit
 - Oatmeal & Berries

Every Lunch and Dinner

- Tuna & Hardboiled Eggs
 - Quinoa or Rice
- Salad Bar with Fresh Vegetables
- SunButter & Jelly Sandwich

THE BASICS

- **Kosher** – All food is certified kosher and under the supervision of the Conservative Movement.
- **Vegetarian** – When we serve meat or fish there is always a vegetarian option.
- **Gluten-Free** – While our kitchen is not Gluten-Free and cross-contamination is possible, there is a selection of Gluten-free food offered at meals for those who need.
- **Dairy-Free/Vegan** – At every meal we strive to serve a dairy-free (usually vegan) option for campers and staff as well as offering soy milk and lactaid milk at breakfast.
- **Daily Snacks** – We provide healthy snacks like fruit, popcorn, or cheese sticks for all campers and staff during the day.
- **Nut-Free** – Camp Ramah is a nut-free community, however we do serve products that are made in a facility that also processes nuts.

