

What Will I Eat?

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!

SAMPLE MENU

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

FOR CAMPERS

EVERYDAY ITEMS

Every Breakfast

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

Every Lunch and Dinner

- Tuna & Hardboiled Eggs
 - Plain Pasta
- 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** – There is a selection of gluten-free food offered at meals for those who need.
- **Dairy-Free/Vegan** – We offer dairy-free options and can accommodate vegan diets. Milk alternatives are available 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 completely nut-free community.

