



# CAMPS KENWOOD & EVERGREEN MENU

	<b>Sunday</b>		<b>Tuesday</b>
Breakfast	Fresh Baked Blueberry Muffins Assorted Cold Cereals Scrambled Eggs with Cheese Fruit & Yogurt Bagels	Breakfast	Home Fries Coffee Cake Assorted Cold Cereals Turkey Sausage Scrambled Eggs with Cheese Fruit & Yogurt Bagels
Lunch	Cheese Tortellini Marinara & Nut-Free Pesto Sauces Grilled Vegetables Bread Sticks Salad Bar Fresh Fruit	Lunch	Chicken Patty Sandwiches & Sauces Veggie Patty Sandwiches Onion Rings Salad Bar Apple Pie
Dinner	Chicken with Cranberry Stuffing & Gravy Rice Pilaf Fresh or Frozen Veggies Stuffed Portobello Mushrooms Salad & Deli Bar Fresh Baked Camp Cookies Bread Sticks Salad Bar Brownies	Dinner	Plain & Pepperoni Pizza Carrot & Celery Sticks Salad Bar Fresh Baked Cookies
	<b>Monday</b>		<b>Wednesday</b>
Breakfast	Pancakes with Maple Syrup Scrambled Eggs Assorted Cold Cereals Fruit & Yogurt Bagels	Breakfast	Cinnamon Buns Oat Meal Assorted Cold Cereals Fried Eggs Fruit & Yogurt Bagels
Lunch	Chicken fajitas Spanish rice Beans & Rice Grilled Vegetables Salad & Deli Bar Fresh Fruit	Lunch	Soft Beef Taco Red Beans & Rice Diced Tomato, Lettuce, Cheese Sour Cream, Salsa, Guacamole Fresh Fruit
Dinner	Teriyaki Beef & Broccoli Tofu Stir Fry Steamed White Rice Ice Cream Sandwiches	Dinner	Baked Stuffed Shells in Marinara Sauce Portobello Rice Fresh Veggies Brownies

*This menu represents a typical week of meals in our 7-week summer experience. If you have any additional questions about food at Camps Kenwood & Evergreen please contact Assistant Director Jason Sebell at 781-793-0091, or by email at [jason@kenwood-evergreen.com](mailto:jason@kenwood-evergreen.com)*



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## Thursday

- Breakfast English Muffins  
Egg McMuffins  
Assorted Cold Cereals  
Fresh Fruit & Yogurt  
Bagels
- Lunch Deli Buffet Lunch  
Eat Outside with Friends & Counselors  
Dinner Cookout  
Hot dogs, Hamburgers, Veggie Patties  
Yogurt, Sliced Lettuce, Tomato & Onion  
Watermelon

## Friday

- Breakfast Bagel Sandwiches  
Omelette-style Eggs  
Cheese and Turkey Sausage Pattie  
Assorted Cold Cereals  
Fresh Fruit & Yogurt
- Lunch Grilled Chicken  
BBQ and Other Sauces  
Scalloped Potato  
Fresh Vegetables  
Fresh Fruit
- Dinner Spaghetti, Meatballs & Marinara Sauce  
Veggie Meatballs  
Garlic & Pesto Bread  
Salad Bar  
Ice Cream Bars

## Saturday

- Breakfast Cranberry Muffins  
Assorted Cold Cereals  
Scrambled Eggs  
Fruit & Yogurt  
Bagels
- Lunch Turkey, Stuffing & Cranberry Wraps  
Vegetarian Caesar Salad Wraps  
French Fries  
Salad Bar  
Fresh Fruit
- Dinner Chicken Parm & Eggplant Parm  
Rice Pilaf  
Steamed Veggies  
Rice Krispie Treats

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