



CAMPS KENWOOD & EVERGREEN MENU

Sunday

Breakfast	Fresh Baked Blueberry Muffins Assorted Cold Cereals Scrambled Eggs with Cheese Fruit & Yogurt Bagels
Lunch	Cheese Tortellini Marinara & Nut-Free Pesto Sauces Grilled Vegetables Bread Sticks Salad Bar Fresh Fruit
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

Monday

Breakfast	Pancakes with Maple Syrup Scrambled Eggs Assorted Cold Cereals Fruit & Yogurt Bagels
Lunch	Chicken fajitas Spanish rice Beans & Rice Grilled Vegetables Salad & Deli Bar Fresh Fruit
Dinner	Teriyaki Beef & Broccoli Tofu Stir Fry Steamed White Rice Ice Cream Sandwiches

Tuesday

Breakfast	Home Fries Coffee Cake Assorted Cold Cereals Turkey Sausage Scrambled Eggs with Cheese Fruit & Yogurt Bagels
Lunch	Chicken Patty Sandwiches & Sauces Veggie Patty Sandwiches Onion Rings Salad Bar Apple Pie
Dinner	Plain & Pepperoni Pizza Carrot & Celery Sticks Salad Bar Fresh Baked Cookies

Wednesday

Breakfast	Cinnamon Buns Oat Meal Assorted Cold Cereals Fried Eggs Fruit & Yogurt Bagels
Lunch	Soft Beef Taco Red Beans & Rice Diced Tomato, Lettuce, Cheese Sour Cream, Salsa, Guacamole Fresh Fruit
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



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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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