

Camp Ruach Weekly Menu

AM & PM snacks are provided for campers



M

Pizza, Fruit, Chips



T

Pasta
(red sauce or oil & broccoli),
Cheese Stick or Yogurt, Fruit



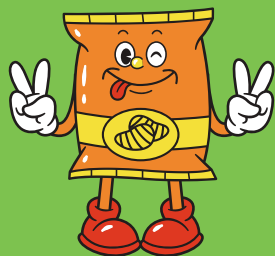
W

Hot Dog, Watermelon, Chips
(soy hot dog available upon request)



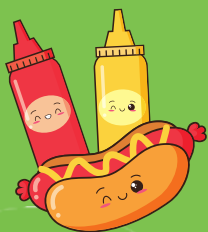
Th

Pizza, Fruit, Chips



F

**Bagel (CC/Butter), Ceaser Salad,
Yogurt/Cheese Stick, Fruit**



Depending on supplies available,

chips, fruit, cheese stick, yogurt may be adjusted as needed.

There will be no substitutions. You are always welcome to bring your own lunch, which can be placed in our refrigerator. If you have any questions about food allergies or dietary restrictions, and/or would like to request a soy hot dog instead of a regular kosher beef hot dog, please email campsec@ssbjcc.org.