# Lunch Menu June/July 2015

## Monday

**Week 1**
- Gate Hill’s Signature Baked Pizza

**Week 2**
- Toasted Cheese Quesadillas Rice and Beans

**Week 3**
- Breakfast for Lunch

**Week 4**
- Hand Made Grilled Cheese Carrot Sticks

## Tuesday

**Week 1**
- Fire Grilled Chicken Sandwich Crispy Tater Tots

**Week 2**
- Home Grilled Chicken Wrap Potato Skins

**Week 3**
- Turkey Taco Authentic Corn Salsa

**Week 4**
- Roasted Chicken Creamy Mashed Potatoes

## Wednesday

**Week 1**
- Pasta with Turkey Meatballs Warm Garlic Bread

**Week 2**
- The GHDC BBQ Sweet Corn On the Cob

**Week 3**
- The GHDC BBQ Sweet Corn On the Cob

**Week 4**
- The GHDC BBQ Sweet Corn On the Cob

## Thursday

**Week 1**
- The GHDC BBQ Sweet Corn On the Cob

**Week 2**
- Cheese Stuffed Tortellini Warm Garlic Bread

**Week 3**
- Gate Hill’s Signature Baked Pizza

**Week 4**
- Chicken Nuggets Crispy Tater Tots

## Friday

- Closed for the 4th

- Gate Hill’s Signature Baked Pizza

- Chicken Stir Fry with Sizzling Mixed Veggies

### Food Facts

- Our food is baked or freshly grilled, never fried.
- Whole wheat pasta and bread available daily. Various gluten free alternatives provided.
- Gate Hill serves 0% Trans fat products.
- Gate Hill does not serve any nut or peanut products. We use Sunbutter spread in our PBJs.
- The Gate Hill day ends with a choice of fresh fruit or the frozen treat of the day.
- Menu is subject to change

### Fresh Surprises
- **Salad & Veg Bar**
  - Fresh Vegetables — Mixed greens, sliced tomato, cucumber rounds, broccoli, baby carrots, celery sticks.
  - Healthy Toppings — Chick peas, tofu, hard boiled eggs, edamame, hummus, corn kernels, beets.
  - Fun Salads — Buffalo chicken salad, egg salad, tuna & celery salad, potato salad, veggie pasta.

- **Cool Off**
  - Chilled Yogurt Bar - Strawberry, banana, cherry and other assorted flavors of yogurts.
  - Fresh Fruit of the Day — Bananas, apples watermelon, cantaloupe, peaches, plums and other seasonal fresh fruits varied daily.

- **Classic Fallbacks**
  - Pasta and Rice Options — Garlic buttered pasta, plain pasta, red sauce, plain rice, Spanish style beans.
  - Sandwich and Bagel Bites — Sliced turkey, cheese sandwich, buttered bagel, cream cheese bagel, PBJs (Sunbutter).
  - Ice Cold Drinks — Pitchers of chilled water and traditional camp bug juice at every meal.
# Lunch Menu July/August 2015

## Food Facts
- Our food is baked or freshly grilled, never fried.
- Whole wheat pasta and bread available daily. Various gluten free alternatives provided.
- Gate Hill serves 0% Trans fat products.
- Gate Hill does not serve any nut or peanut products. We use Sunbutter spread in our PBJs.
- The Gate Hill day ends with a choice of fresh fruit or the frozen treat of the day.

### Allergies? Dietary concerns? Questions?
Please call the office: 845 947 3223
Menu is subject to change

## Fresh Surprises
### Salad & Veg Bar
- **Fresh Vegetables** — Mixed greens, sliced tomato, cucumber rounds, broccoli, baby carrots, celery sticks.
- **Healthy Toppings** — Chick peas, tofu, hard boiled eggs, edamame, hummus, corn kernels, beets.
- **Fun Salads** — Buffalo chicken salad, egg salad, tuna & celery salad, potato salad, veggie pasta.

## Cool Off
### Fruit & Yogurt
- **Chilled Yogurt Bar** — Strawberry, banana, cherry and other assorted flavors of yogurts.
- **Fresh Fruit of the Day** — Bananas, apples, watermelon, cantaloupe, peaches, plums and other seasonal fresh fruits varied daily.

## Classic Fallbacks
### Pasta and Rice Options
- Garlic buttered pasta, plain pasta, red sauce, plain rice, Spanish style beans.

### Sandwich and Bagel Bites
- Sliced turkey, cheese sandwich, buttered bagel, cream cheese bagel, PBJs (Sunbutter).

### Ice Cold Drinks
- Pitchers of chilled water and traditional camp bug juice at every meal.

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<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<td><strong>Week 5</strong></td>
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<tr>
<td>The GHDC BBQ</td>
<td>Cheese Stuffed</td>
<td>Toasted Cheese</td>
<td>Home Grilled</td>
<td>Breakfast for</td>
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<tr>
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<td>Tortellini</td>
<td>Quesadillas</td>
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<td>Lunch</td>
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<td>Rice and Beans</td>
<td>Potato Skins</td>
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<tr>
<td>Pasta with</td>
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<td>Warm Garlic Bread</td>
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<td>Meatballs</td>
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<td>Chicken Nuggets</td>
<td>The GHDC BBQ</td>
<td>Turkey Meatball</td>
<td>Cheese Stuffed</td>
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<td>Sub with Rich</td>
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