



SUPERCAMP CAFETERIA MENU 2017

Week 1

26 to 30 of June

	Monday	Tuesday	Wednesday	Thursday	Friday
Entree	Veggies and Dip	Green salad	Cheese and crackers	Grilled veggie salad	Cesar Salad
Main course	Garden fusilli, rosée sauce and feta	Veal kefta With yogourt sauce	Lemon chicken and olives	Turkey chili	Macaroni and cheese and zucchini
Sides	Grilled zucchini	Couscous an vegetables of the day	Greek potatoes and chefs salad	Pita chips and pilaf rice	Vegetables of the day
Desserts	Dessert of the day	Dessert of the day	Dessert of the day	Dessert of the day	Dessert of the day
Beverages	Milk or Juice	Milk or Juice	Milk or Juice	Milk or Juice	Milk or Juice

Week 2

3 to 7 of July

	Monday	Tuesday	Wednesday	Thursday	Friday
Entree	Green salad	Veggies and dip	Grapes and cheese	Cesar salad	Quinoa salad
Main course	Chicken quesedillas	Cheese tortellini in rosee sauce	Classic meatloaf	Bolognaise lasagna	Cheddar and brocoli bites
Sides	Black bean rice	Green beans	Mashed potatoes at carrots with butter	Steamed brocoli	Roasted potatoes
Desserts	Dessert of the day	Dessert of the day	Dessert of the day	Dessert of the day	Dessert of the day
Beverages	Milk or juice	Milk or juice	Milk or juice	Milk or juice	Milk or juice



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Week 3

10 to 14 of July

	Monday	Tuesday	Wednesday	Thursday	Friday
Entree	Greek salad	Cheese and crackers	Pita bread and yogurt sauce	Veggies and dip	Green salad
Main course	Croque-Monsieurs	Meatballs with sweet and sour sauce	Butter chicken	Pizza	Fish nuggets
Sides	Veggie rice	On rice noodles with carrots	Rice and cauliflower	Cesar salad	Vegetable couscous
Desserts	Dessert of the day	Dessert of the day	Dessert of the day	Dessert of the day	Dessert of the day
Beverages	Milk or juice	Milk or juice	Milk or juice	Milk or juice	Milk or juice

Week 4

17 to 21 of July

	Monday	Tuesday	Wednesday	Thursday	Friday
Entree	Chips and dip	Chips and hummus	Green salad	Cheese and grapes	Green salad
Main course	Spagetti and meatballs	Galette of sweet potato and chickpeas	Sheperds pie	Beef tacos	Crispy chicken burger
Sides	Pesto pasta	Mint rice with peas	Green beans	Tomato rice	Greek potatoes
Desserts	Dessert of the day	Dessert of the day	Dessert of the day	Dessert of the day	Dessert of the day
Beverages	Milk or juice	Milk or juice	Milk or juice	Milk or juice	Milk or juice



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Week 7

7 to 11 of August

	Monday	Tuesday	Wednesday	Thursday	Friday
Entree	Veggies and Dip	Green salad	Cheese and crackers	Grilled veggie salad	Ceasar Salad
Main course	Garden fusilli, rosée sauce and feta	Veal kefta With yogourt sauce	Lemon chicken and olives	Turkey chili	Macaroni and cheese and zucchini
Sides	Grilled zucchini	Couscous an vegetables of the day	Greek potatoes and chefs salad	Pita chips and pilaf rice	Vegetables of the day
Desserts	Dessert of the day	Dessert of the day	Dessert of the day	Dessert of the day	Dessert of the day
Beverages	Milk or Juice	Milk or Juice	Milk or Juice	Milk or Juice	Milk or Juice

Week 8

14 to 18 of August

	Monday	Tuesday	Wednesday	Thursday	Friday
Entree	Green salad	Veggies and dip	Grapes and cheese	Ceasar salad	Quinoa salad
Main course	Chicken quesedillas	Cheese tortellini in rosee sauce	Classic meatloaf	Bolognaise lasagna	Cheddar and brocoli bites
Sides	Black bean rice	Green beans	Mashed potatoes at carrots with butter	Steamed brocoli	Roasted potatoes
Desserts	Dessert of the day	Dessert of the day	Dessert of the day	Dessert of the day	Dessert of the day
Beverages	Milk or juice	Milk or juice	Milk or juice	Milk or juice	Milk or juice