



MOSHAVA BA'IR LONG ISLAND SUMMER 2025

LUNCH MENU

SESSIONS 1 & 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Session 1 June 30 Deli Heroes Knishes Coleslaw Fruit	July 1 Pizza Bagels Garden Salad Fruit	July 2 Chicken Poppers Sauce Mashed Potatoes Green Beans Watermelon	July 3 Cutlet Sandwiches French Fries Coleslaw Fruit	July 4 July 4th NO CAMP
July 7 Chicken Lo Mein Broccoli Pineapple Tidbits	July 8 Waffles Maple Syrup Carrot Sticks Hard Boiled Eggs Jello	July 9 Hamburgers Buns French Fries Pickles Watermelon	July 10 Chicken Nuggets Orzo Sliced Carrots Fruit	July 11 Pizza Sliced Carrots Cake
Session 2 July 14 Meatballs Spaghetti Garden Salad Fruit	July 15 Baked Ziti Israeli Salad Chocolate Pudding	July 16 Hawaiian Chicken Egg Barley Cucumber Sticks Watermelon	July 17 Deli Heroes Knishes Coleslaw Fruit	July 18 Pizza Sliced Carrots Cake
July 21 Chicken Nuggets Roasted Potatoes Pepper Sticks Jello	July 22 Fish Sticks Spaghetti Green Beans Fruit	July 23 Hamburgers Buns French Fries Pickles Watermelon	July 24 Sweet & Sour Meatballs Rice Pilaf Fruit	July 25 Pizza Sliced Carrots Cake

SALAD BAR

Offered Daily May Include: Lettuce, Mesclun Salad Mix, Cucumbers, Shredded Carrots, Tomatoes, Peppers, Mushrooms, Baby Corn, Chick Peas, Kidney Beans, Pickle Chips, Beets, Black Olives, Mandarin Oranges, Peas, Kernel Corn

Salad Dressings May Include: Russian, French, Creamy Italian, Lite Italian, Thousand Island, Caesar, Balsamic Vinaigrette, Raspberry Vinaigrette

AVAILABLE UPON REQUEST

Plain Pasta, Tuna Salad, and Hard Boiled Eggs
Bread: Sliced white and whole wheat bread served daily
Jelly, Margarine and Soynut Butter on Meat Meal Days Only
Cream Cheese and Butter on Dairy Days Only
Gluten Free options daily

DAILY FRUIT MAY INCLUDE

Apples, Oranges, Pears, Plums, Peaches, Fresh Fruit Salad

ALL FOOD PROVIDED BY SHARMEL CATERERS