

Nueva Summer Camp Menu – Bay Meadows

Daily Salad Bar:




















Mixed Green Lettuce
 Romaine Lettuce
 Garden Tomatoes
 Cucumbers
 Slow Garbanzo Beans

Fresh Fruit Salad
 House Made Dressings
 Whole Summer Fruit
 Matchstick Carrots and Celery

We will feature a daily protein that will rotate between plant-based options and lean meat-based proteins for variety.

Please also keep in mind we will always have gluten free and dairy free options available. Please see the chef for options. To avoid issues, we typically don't use a lot of dairy in our food.

Week #1 & Week #3

Monday	Tuesday	Wednesday	Thursday	Friday
Organic Mac & Cheese with Applewood Bacon	Crunchy Free-Range Turkey Tacos w/ Crispy Lettuce and Salsa Fresca	Organic Spaghetti Grass Fed Meat Sauce 	Vienna All Beef Nitrate Free Hot Dogs	French Bread Pizza Day w/ Pepperoni & Sausage
Vegetarian Mac & Cheese 	 Organic Wo Chong Tofu Tacos	Organic Spaghetti Marinara or Grass Fed Meat Sauce  	Veggie Dogs  	Gourmet Four Cheese Pizza 
Oven Roasted Organic Capay Farms Broccoli  	  Cilantro Jasmine Rice	Garden Ratatouille  	Jo Jo Potato Wedges 	Caesar Salad Bar 
	Ranchero Beans  	Sourdough Garlic Bread 		

 Vegetarian  Vegan  Free Range Chicken



Gluten Free






















Grass Fed



Cage Free

Week #2 & Week #4

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Grilled Ham and Clover Cheddar on La Boulanger Sourdough</p> <p>Grilled Cheese and Fitz Farm Tomato on Sourdough </p> <p>Roasted Sacramento Farms Tomato Soup </p>	<p>Free Range Chicken & Cheese Quesadilla </p> <p>Four Cheese & Vegetable Quesadillas </p> <p>Sour Cream, Salsa Fresca and Organic Black Beans</p>	<p>Pork Fried Rice</p> <p>Vegetarian Fried Rice </p> <p>Stir-Fried Summer Vegetables  </p>	<p>Organic Penne Pasta w/ Thirty Hour Marinara and Slow Roasted, Free Range Chicken </p> <p>Organic Penne Pasta w/ Thirty Hour Marinara  </p> <p>Dwelley Farms Green Beans and Sourdough Garlic Bread  </p>	<p>House-Made Oven Baked Free Range Chicken Tenders </p> <p>Vegi "Chicken Tenders"  </p> <p>Crispy Oven Roasted Potato Wedges  </p> <p>Summer Vegetable Medley  </p>