

Gourmondo Weekly Lunch Menu

Summer 2025

Please choose one lunch option for the week.

*Gluten free and allergen-free options available upon request.

**Lunch order must be submitted two week before camp start date.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
STANDARD	Roasted Turkey Sliders A duo of sliders with roasted sliced turkey, cheddar cheese, and lettuce (mayo & mustard packets on the side). Includes potato chips, fruit cup, and chocolate chip cookie.	Soba Noodle Salad Soy-ginger soba noodles with snap peas, scallions, cilantro, and julienned carrots. Includes steamed edamame pods and a Japanese butter cookie.	Teriyaki Chicken Cup Teriyaki grilled chicken, sauteed cabbage, sweet pickled carrot, Mandarin oranges, and edamame. Includes potato chips, fruit cup, and a matcha cookie.	Turkey Pinwheel Roll-Ups A duo of tortilla wraps with turkey, cream cheese, sliced sheddar, and lettuce. Includes potato chips, baby carrots, and a chocolate chip cookie.	Classic Chicken Strips Chicken strips with ranch and ketchup. Includes potato chips and a chocolate chip cookie.
VEGETARIAN	Caprese Slider A duo of sliders with roma tomatoes, fresh whole milk mozzarella, fresh basil, and basil aioli on sliced bread. Includes potato chips, fruit cup, and chocolate chip cookie.	Vermicelli Noodle Salad Soy-ginger rice noodles, with snap peas, scallions, cilantro, and julienned carrots. Includes steamed edamame pods and a Japanese butter cookie.	Teriyaki Goma Cup Sauteed spinach, sauteed cabbage, sweet pickled carrot, Mandarin oranges, and edamame. Includes potato chips, fruit cup, and a chocolate chip cookie.	Veggie Pinwheel Roll-Ups A duo of tortilla wraps with bell peppers, cream cheese, sliced cheddar, and lettuce. Includes potato chips, baby carrots, and a chocolate chip cookie.	Grilled Tofu Strips Grilled tofu wedges with vegetarian ketchup. Includes potato chips and a <u>gluten free, vegan</u> cookie.
ALLERGEN-FRIENDLY <u>Egg free, gluten free, shellfish free, sesame free, nut free, fish free, dairy free, and soy free.</u>	Turkey Snack Tray Turkey snack tray, chips, fruit cup, 'That's It' bar.	Rice Noodle Salad Rice noodle salad with carrots, cilantro, snap peas, and scallions. Includes cucumber salad, fruit cup, and a <u>gluten free, vegan</u> cookie.	Grilled Chicken Cup Grilled chicken with sauteed cabbage, sweet pickled carrot, and pineapple. Includes chips, fruit cup, and 'That's It' bar.	Veggies with Guacamole Cucumber, tomatoes, cauliflower, and carrots with guacamole. Includes chips, baby carrots, and 'That's It' bar.	Grilled Chicken Strips Grilled chicken strips with ketchup cups, 'Hippeas' chips, and a <u>gluten free, vegan</u> cookie.