



MEALS AT CAMP

Below, you will find a sample menu of the breakfasts, lunches, and dinners that Walden typically provides in a two-week period. We strive to create nutritionally well-balanced meals that kids will EAT! ***To that end, Walden emphasizes “scratch” cooking: Rather than thaw prepared frozen foods, most of what we serve is made in our kitchen, from baked goods to pizzas to sautéed vegetables. We slice our own deli meats and use real cheeses.***

Walden serves most meals “Family Style,” with food brought to the tables. On Tuesdays and Saturdays, we serve cafeteria style and eat lunch and dinner picnics in the Meadow. In addition to each meal’s main/side dishes, we also offer plenty of alternatives.

The Mess Hall, like all of camp, is NUT-FREE. We offer gluten-free options for breads, pastas and desserts. ***Our newly remodeled and expanded kitchen/dining hall in 2017 will allow us to better serve campers with special diets!***

- Our breakfast bar features a rotation of plain, strawberry and blueberry yogurts (two each day), granola, fresh berries, cantaloupe, freshly baked muffins, hard-boiled eggs, dry cereals (from Cheerios to Chex to Frosted Flakes) and a hot cereal (oatmeal one day; cream of wheat the next).
- Soy milk and lactose-free milk are readily available.
- We make a concerted effort to purchase ORGANIC produce.
- At lunch and dinner, salad bars are stocked with greens and toppings (tomatoes, cucumber, chick peas, shredded mozzarella, feta cheese, egg, beans, tofu, hummus, etc.). The kitchen also makes a tuna/chicken/or pasta salad. There’s bread and butter, too.
- We like leftovers! If we make too much of something, it often appears the next day in the same, or a slightly different, form: e.g. hot dogs and baked beans return as “beanie weenies!”
- We serve our pastas plain, allowing campers to add sauces of their choice.
- The kitchen provides a vegetarian option for meat dishes: e.g. veggie burgers/veggie dogs/vegetarian pasties/veggie lasagna).
- A rotating soup-of-the-day is available at lunch, except on Tuesdays and Saturdays, when we picnic in the Meadow.
- We serve fresh fruit as our lunch dessert every day. Sweet desserts are reserved for dinner.
- For the camper who cannot find anything else to eat, we provide Sunbutter and jelly sandwiches, served after the main meal.

TWO-WEEK SAMPLE MENU

1st SUN

Campers arrive for traditional Spaghetti dinner/
green beans/garlic bread/popsicles

1st MON

B: Scrambled eggs/bagels/sausage
L: Mac and cheese, tomato soup
D: Chicken drummies/rice pilaf/broccoli/frosted
white cake (freshly baked)

1st TUES

B: Pancakes
L: Taco Salad/burritos/chicken tortilla soup
D: Hot dog picnic/baked beans/celery and
carrots/pretzels/brownies (freshly baked)

1st WED

B: Cinnamon Toast/Waffles
L: Baked fish/egg noodles/carrots and celery
D: Vegetarian Lasagna/Turkey tetrazzini/bread
sticks/canned sliced pears or peaches

1st THURS

B: French toast/bacon
L: Deli sandwich wraps/celery and carrots
D: Hamburgers/Turkey burgers/potato
wedges/watermelon

1st FRI

B: Breakfast burritos
L: Mostaccioli / sautéed vegetables/garlic bread
D: Roast turkey/mashed potatoes/cooked
carrots/cream pie

1st SAT (1/2 kitchen staff day off)

B: Super Breakfast Bar
L: Super Salad Bar: bean salads, wraps
D: Pizza Picnic/Caesar Salad/Italian ices

2nd SUN

B: Pancakes w/ berry and fruit toppings
L: Quesadillas/guacamole/corn chips
D: Baked chicken/sautéed mixed
vegetables/chocolate-dipped frozen bananas

2nd MON

B: Scrambled eggs/Mini Bagels/sausage
L: Grilled cheese/Onion rings/tomato soup
D: Chicken nuggets/potato wedges/snap
peas/frosted chocolate cake (freshly baked)

2nd TUES (1/2 kitchen staff off)

B: Super Breakfast Bar
L: Super Deli picnic
D: Hot dog picnic/baked beans/celery and
carrots/pretzels/brownies (freshly baked)

2nd WED

B: Cinnamon toast/Waffles
L: Deli sandwich wraps/grilled chicken/coleslaw
D: Gyros/Greek salad/pita bread/yogurt
sauce/chocolate pudding

2nd THURS

B: Egg sandwich on English muffin
L: Tuna salad/baked potatoes
D: Tacos/black beans/refried beans/churros

2nd FRI

B: French toast/bacon
L: Cheese Ravioli/carrots and celery
D: Chicken Fajitas/Spanish rice/grilled onions and
peppers/black beans/popsicles

2nd SAT (1/2 kitchen staff day off)

B: Super Breakfast Bar
L: Super Salad Bar: bean salads, deli wraps
D: Pizza Picnic/Caesar Salad/cookies (fresh baked)