

# Camp Ruach Weekly Menu

AM&PM snacks are provided for campers

M

**Pizza, Fruit, Chips**

Gluten Free or Dairy Free Pizza available upon request

T

**Pasta** (Red Sauce or Oil & Broccoli)  
**Cheese Stick/Yogurt, Fruit**

Gluten Free Pasta available upon request

W

**Hot Dog, Watermelon, Chips**

Soy Hot Dog available upon request

Th

**Pizza, Fruit, Chips**

Gluten Free or Dairy Free Pizza available upon request

F

**Bagel** With Cream Cheese / Butter  
**Caesar Salad, Fruit**

**\*\*Chips, fruit, cheese stick/yogurt may vary throughout the week.**

- There will be no substitutions. If your child does not like or cannot eat what is served, please pack an alternative lunch from home, which can be placed in our refrigerator.
- If you have any questions about food allergies or dietary restrictions, and/or request a soy hot dog instead of a kosher beef hot dog or Gluten-Free or Dairy Free Pizza, **please email [campsec@ssbjcc.org](mailto:campsec@ssbjcc.org).**

