

# INTERNATIONAL MENU

## SESSIONS 1 - 3

LUNCH ENTREE  
SIDE DISH  
PM SNACK



### Monday - Mexico

Skirt Steak and Veggie Quesadillas  
Bean and Corn Salsa  
Fruit Salsa with Cinnamon Chips



### Tuesday - Japan

Pork or Tofu Yakisoba  
Sunomono Salad  
Japanese Fruit Sando



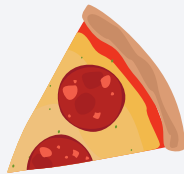
### Wednesday - Brazil

Brazilian Chicken Stroganoff  
Brazilian Rainbow Salad  
Pao de Queijo / Brazilian Cheesebread



### Thursday - Thailand

Chicken Satay with Peanut Sauce & Rice  
Papaya Salad  
Mango Sticky Rice



### Friday - Italy

BYO Pizza  
Parmesan Roasted Broccoli  
Italian Ice

AT SUSIE'S KITCHEN, CAMPERS WILL WORK HANDS-ON TO PREPARE NUTRITIOUS AND DELICIOUS FOOD.

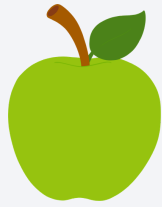
**PLEASE BE AWARE THAT FOODS USED IN THE KITCHEN MAY CONTAIN OR COME INTO CONTACT WITH COMMON ALLERGENS SUCH AS DAIRY, EGGS, WHEAT, SOYBEANS, TREE NUTS, PEANUTS, SESAME, FISH OR SHELLFISH. PLEASE INFORM DR. HERNANDEZ OF ANY FOOD ALLERGIES.**

\*VEGETABLE OR TOFU OPTIONS AVAILABLE FOR LUNCH ENTREES

# FUELING HEALTH FUTURES MENU

## SESSION 4 -5

LUNCH ENTREE  
SIDE DISH  
PM SNACK



### Monday

Burrito Bowl  
Homemade Salsa  
Apple Nachos with Peanut Butter Drizzle



### Tuesday

BYO Asian Noodle Bar  
Sunomono Salad  
Mango Pancakes



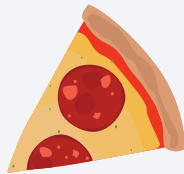
### Wednesday

Baked Spring Roll Bar  
Peanut Sauce  
Chè Tháí



### Thursday

Savory Empanadas  
Chimichurri  
Chocolate Mousse



### Friday

BYO Pizza  
Shaved Ice

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