

# CULINARY YOUTH CAMP

Summer 2025



# CULINARY YOUTH CAMP

**Ages 8-10**  
**June 23-27**  
**and July 10-14**

## Monday

Crispy Cinnamon Cream Cheese Rollups  
Ham & Cheese Pockets with Carrot Coins in  
Honey Butter  
Cupcake Decorating

## Tuesday

Egg in a Basket and Bacon Strips  
Homemade Pizzas  
Condensed Milk Cookies

## Wednesday

Fruit Kabobs, Yogurt and Granola  
Stuffed Cheeseburgers and Sweet  
Potato Wedges  
Brownie Sundaes

## Thursday

Jam Sammie French Toast  
Chicken Bacon Ranch Pinwheels  
Stuffed Celery  
Strawberry Jello Tarts

## Friday

Chocolate Chip Pancakes  
Meatloaf Cupcakes  
Grilled Zucchini  
Oatmeal Monster Cookie Bars



# BAKING YOUTH CAMP

**Ages 11-13.**  
**June 30- July 3**

## Monday

Biscuits with Jam and Honey Butter  
Scratch-Made Artisan Pizzas  
Dutch Apple Pie

## Tuesday

Western Mini Quiches  
Chicken Fingers Subs  
Sweet Potato Fries  
Brookies  
Stuffed Cookies

## Wednesday

Streusel Topped Cinnamon Rolls  
Brown Butter Krispie Treats  
Flour Tortillas- Chicken Fajita Bar  
Whoopie Pies

## Thursday

Flapjack  
Puffed Cinnamon Braids  
Pitas- Grilled Chicken Wraps and  
Greek Potatoes  
Cake Decorating Contest



# CULINARY YOUTH CAMP

**Ages 11-13**

**June 17-21,**

**June 24-28,**

**July 31- Aug 4**

**Monday**

Stuffed French Toast Bar  
Ham, Broccoli and Alfredo Calzones  
Garlic Knots  
Puff Pastry Hand Pies

**Tuesday**

Omelet Muffins  
Fresh Pasta  
Chicken Parmesan  
Garlic Breadsticks  
Energy Balls

**Wednesday**

Croissant Egg Sandwiches  
Miso Grilled Chicken  
Ginger Garlic Ramen  
Soy-Braised Eggs  
Brown Butter Rice Krispy Pops

**Thursday**

Grilled Peach Pancakes  
Griddled Ham and Cheese  
Tomato Bisque  
Strawberry Shortcake

**Friday**

Pizza Eggs  
Mac and Cheese  
Chicken Tenders  
Grilled Veggie Skewers  
Brownie Sundae Competition



# CULINARY YOUTH CAMP

**Ages 14-17**

**Aug 7-11**

## Monday

Croissant Egg Sandwiches  
Fish Sticks  
Mac and Cheese  
Honey Roasted Carrots

## Tuesday

Biscuits and Sausage Gravy  
Bread Bowls  
Braised Beef Ragu  
Grilled Caesar Salad  
Lemon Meringue Pie

## Wednesday

Brown Sugar and Strawberry Pop Tarts  
Garlic Breadsticks  
Jambalaya Pasta  
Strawberry Peach Galette

## Thursday

Hash Brown Scramble Bowls  
Crispy Chicken Sandwiches  
Sweet Potato Fries  
Boston Cream Cupcakes

## Friday

Breakfast Quesadillas  
Beef and Broccoli  
Crab Rangoons  
Rice  
Chocolate Chip Cheesecake Bars



# Camper Learning Outcomes

## Basic cooking skills:

Students will learn basic cooking skills, such as frying, baking, sautéing, grilling, and boiling, as they prepare various dishes throughout the week.

## Kitchen safety:

Students will learn how to safely use kitchen equipment, such as knives, stoves, ovens, and mixers, and how to avoid common kitchen hazards, such as burns, cuts, and fires.

## Food hygiene:

Students will learn the importance of food hygiene and how to maintain a clean and sanitary kitchen environment. This includes washing hands, using clean utensils and surfaces, and properly storing and refrigerating food.

## Meal planning:

Students will learn how to plan and prepare balanced and nutritious meals that include a variety of fruits, vegetables, proteins, and carbohydrates.

## Recipe adaptation:

Students will learn how to adapt recipes to accommodate different dietary restrictions and preferences, such as vegetarian, gluten-free, and low-sugar diets.

## Teamwork:

Students will learn how to work effectively as part of a team, as they collaborate on meal preparation and presentation.

## Creativity:

Students will have the opportunity to express their creativity by decorating cakes, cookies, and other desserts using piping tips, sprinkles, and fun colors.

## Cultural awareness:

Students will learn about different culinary traditions and ingredients from around the world, such as Japanese sushi, Greek souvlaki, and Thai pad thai.

## Confidence:

Students will gain confidence in their cooking skills and ability to prepare delicious and healthy meals for themselves and others.

## Leadership:

Students may have the opportunity to take on leadership roles, such as meal planner or head chef, and develop their communication and decision-making skills in a culinary context.