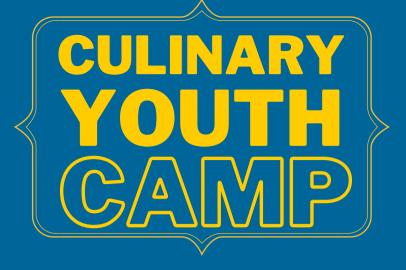


Summer 2025





<u>Ages 8-10</u> June 23-27 and July 10-14

<u>Monday</u> Crispy Cinnamon Cream Cheese Rollups Ham & Cheese Pockets with Carrot Coins in Honey Butter Cupcake Decorating

<u>Wednesday</u>

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

<u>Tuesday</u> Egg in a Basket and Bacon Strips Homemade Pizzas Condensed Milk Cookies

<u>Thursday</u>

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

<u>Friday</u>

Chocolate Chip Pancakes Meatloaf Cupcakes Grilled Zucchini Oatmeal Monster Cookie Bars

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<u>Ages 11-13</u> June 30- July 3

<u>Monday</u> Biscuits with Jam and Honey Butter Scratch-Made Artisan Pizzas Dutch Apple Pie

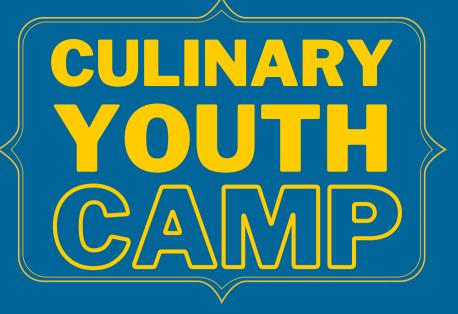
> <u>Tuesday</u> Western Mini Quiches Chicken Fingers Subs Sweet Potato Fries Brookies Stuffed Cookies

<u>Wednesday</u> Streusel Topped Cinnamon Rolls Brown Butter Krispie Treats Flour Tortillas- Chicken Fajita Bar Whoopie Pies

<u>Thursday</u>

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





<u>Monday</u> Stuffed French Toast Bar Ham, Broccoli and Alfredo Calzones Garlic Knots Puff Pastry Hand Pies

> <u>Tuesday</u> Omelet Muffins Fresh Pasta Chicken Parmesan Garlic Breadsticks Energy Balls

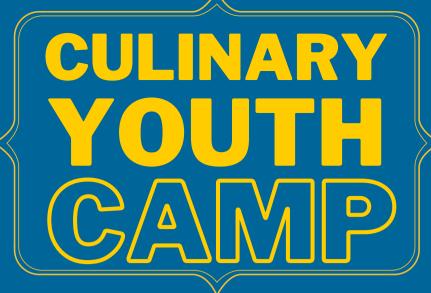


<u>Ages 11-13</u> June 17-21, June 24-28, July 31- Aug 4

<u>Wednesday</u> Croissant Egg Sandwiches Miso Grilled Chicken Ginger Garlic Ramen Soy-Braised Eggs Brown Butter Rice Krispy Pops

<u>Thursday</u> Grilled Peach Pancakes Griddled Ham and Cheese Tomato Bisque Strawberry Shortcake

<u>Friday</u> Pizza Eggs Mac and Cheese Chicken Tenders Grilled Veggie Skewers Brownie Sundae Competition



Ages 14-17 Aug 7-11

<u>Monday</u> Croissant Egg Sandwiches Fish Sticks Mac and Cheese Honey Roasted Carrots

Lemon Meringue Pie

<u>Tuesday</u> Biscuits and Sausage Gravy Bread Bowls Braised Beef Ragu Grilled Caesar Salad

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<u>Wednesday</u> Brown Sugar and Strawberry Pop Tarts Garlic Breadsticks Jambalaya Pasta Strawberry Peach Galette

> <u>Thursday</u> Hash Brown Scramble Bowls Crispy Chicken Sandwiches Sweet Potato Fries Boston Cream Cupcakes

<u>Friday</u> Breakfast Quesadillas Beef and Broccoli Crab Rangoons Rice Chocolate Chip Cheesecake Bars

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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.