



Oasis at LIU Post

Hot Lunch Menu*

Look What's Cookin' Around Camp!

(646) 519-5066 • liupost@oasischildren.com



	Monday	Tuesday	Wednesday	Thursday	Friday
BLUE WEEK	"GOLD RUSH" Chicken Nuggets Kernel Corn Chocolate Chip Cookie	"MAMBO" Meatballs With Pasta String Cheese Oatmeal Raisin Cookie	"DADDY-O" Personal Pan Cheese Pizza Baby Carrots Sugar Cookie	"MAC ATTACK" Mac & Cheese Veggie Sticks Chocolate Chip Cookie	"CHICK-A-DEE" Chicken Patty Sandwich Tater Tots Sugar Cookie
GREEN WEEK	"LUV-ME-TENDER" Chicken Tenders Baby Carrots Chocolate Chip Cookie	"GATOR" Grilled Cheese Potato Chips Oatmeal Raisin Cookie	"ZANEY" Baked Ziti Veggie Sticks Chocolate Chip Cookie	"POPPERS" Popcorn Chicken Kernel Corn Sugar Cookie	"AMERICANA" All-Beef Hamburger Potato Chips Watermelon
BLUE WEEK	"GOLD RUSH" Chicken Nuggets Kernel Corn Chocolate Chip Cookie	"MAMBO" Meatballs With Pasta String Cheese Oatmeal Raisin Cookie	"DADDY-O" Personal Pan Cheese Pizza Baby Carrots Sugar Cookie	"MAC ATTACK" Mac & Cheese Veggie Sticks Chocolate Chip Cookie	"CHICK-A-DEE" Chicken Patty Sandwich Tater Tots Sugar Cookie
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Any entrée can be substituted for a bagel with butter, a bagel with cream cheese, or turkey on wheat bread. The regular side items will be served with the substitute entrée. A cold lunch of turkey on whole wheat bread, chips, & a fruit will be provided on field trip days.

Bottled water & fresh fruit provided with all meals.

Menu rotates on an every other week schedule. Weeks 1,3,5,7 are Blue • Weeks 2,4,6,8 are Green

**All of our food is BAKED,
never fried!
Cookies are FRESH
baked!**

***MENU MAY CHANGE!** Please check back after May 30 for details!



Oasis Day Camp

Lunch Substitution Form
 (718) 596-4900 • info@oasischildren.com

Camper Name: _____ Camp & Division: _____

- ✓ Please circle the entrée that your camper would like substituted.
- ✓ All sandwiches or bagels will be served with the day's scheduled side items plus fresh fruit and bottled water.

	BLUE WEEK	GREEN WEEK
M	Chicken Nuggets	Chicken Tenders
T	Meatballs & Pasta	Grilled Cheese
W	Cheese Pizza	Baked Ziti
Th	Mac & Cheese	Popcorn Chicken
F	Chicken Patty Sandwich	Hamburger or Hot Dog

As a substitution for the above circled meals and on trip days, my camper would like:	<input type="checkbox"/> TURKEY ON WHOLE WHEAT	<input type="checkbox"/> BAGEL WITH BUTTER	<input type="checkbox"/> BAGEL WITH CREAM CHEESE
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Please return to:
 Oasis Day Camps
 561 7th Ave - 3rd Floor
 New York, NY 10018
 E: info@oasischildren.com F: 718-855-2435