Low-Pro Menu



Thursday

DINNER	PRO (g)	PHE (mg)
Baked Mac & Cheese	**0.8**	**42**
Roasted Butternut Squash	0.9	36
Kentucky Fried Cauliflower	**1.3**	**50**
Chocolate Cake w/Ganache	**0.7**	**37**

MEAL TIPS

- Every breakfast will have cold cereal, Cambrooke Breakfast Bars*, and So Delicious Yogurts.
- Every lunch will have a salad bar and a low-pro sandwich bar.
- Every dinner will have a salad bar and a low-pro pasta bar with Aproten or Promin Pasta.
- Fresh fruit and low-pro snacks will be available in the dining hall throughout camp.
- Milk options: coconut, rice, soy, oat, and cow's milk.
- The theme of the cooking workshop is Sauce Theory: A range of virtual sauces to compliment any meal.
- Feel free to reach out to our low-pro kitchen crew with any questions or additional dietary needs during camp.
- Any leftover supplies & low-pro snacks will be given away at the end of camp!

Friday

BREAKFAST	PRO (g)	PHE (mg)
French Toast*	△	△
Cinnamon-Apple Topping	0.2	7
Cambrooke Yuca Fries	0.9	17
Sweet Potato Bacon	0.3	17
Blueberry Muffins	**0.6**	**27**
LUNCH	**PRO (g)**	**PHE (mg)**
Vegetable Tacos	**1.6**	**53**
Mushroom Carnitas	6.2	158
La Tortilla Factory Tortillas	0.4	8
Siete Tortilla Chips	0.9	42
Chocolate Chip Cookies	**0.2**	**13**
DINNER	**PRO (g)**	**PHE (mg)**
Pulled Jackfruit	**1.3**	**45**
Auntie B's Pretzel Buns*	**0.7**	**36**
Cole Slaw	**0.2**	**6**
S'mores treat	0.9	44

FOOD DONATIONS PROVIDED BY:

WeeSprout · Daiya Dairy-Free · DANDIES Vegan Marshmallows · jack&annie's · The Jackfruit Company

flok FAMILY CAMP

△ Options on these menu items will affect PRO/PHE content. All items will be labeled with exact values at camp.

* These items contain wheat/gluten

COOK FOR LOVE

Menu items in bold were developed by **Cook for Love** Founder Brenda Winiarski specifically for the low-protein community and are all on CookForLove.org

Low-Pro Menu



Saturday

BREAKFAST	PRO (g)	PHE (mg)
Pancakes*	**0.3**	**13**
Berry Topping	0.6	16
Cambrooke Yuca Fries	0.9	17
Sweet Potato Bacon	0.3	17
Apple Muffins*	**0.5**	**22**
LUNCH	**PRO (g)**	**PHE (mg)**
Veggie Burger #2*	**2**	**86**
Cook for Love Burger Buns*	**0.8**	**41**
French Fries	1.8	76
Snickerdoodles*	**0.1**	**7**
DINNER	**PRO (g)**	**PHE (mg)**
Aproten Pasta*	0.3	17
Marinara Sauce	1.3	39
Focaccia*	**0.5**	**24**
Berry Crumble*	**1.3**	**49**

Hats off to our chefs! The wonderful meals served at camp are the product of months of hard work. Thank you to Executive Chef Molly Atkins; Hannah Dutton, Mike McGee, and Nick Atkins; our low-pro sous-chef crew Roslynn Sitler, Brooke Reese, Izzy Fraley, and Catie Siegenthaler; and supporters Randall Fryer, Beth Ogata, RDN, Kristen Cheng, RDN, Jenn Beazer, RDN, MPH, LD, Renee Wilkinson, Amanda Sitler and Kellie Haber.

Sunday

BREAKFAST	PRO (g)	PHE (mg)
Breakfast Strata Bake*	**0.9**	**39**
Cambrooke Yuca Fries	0.9	17
Sweet Potato Bacon	0.3	17
Coffee Cake*	**0.7**	**34**
TO-GO LUNCH	**PRO (g)**	**PHE (mg)**
Choice of Sandwich/Wrap	△	△
So Delicious Yogurts	0.6	30
Absolutely GF Crackers	0.3	16
Fresh Fruit	△	△
Cook for Love Sugar Cookie*	**0.1**	**7**
Snyder Pretzels	0.1	6
Wise Onion Rings*	0.3	13

FOOD DONATIONS PROVIDED BY (continued):

Solutions For Every Diet PKU PERSPECTIVES · AJINOMOTO · CAMBROOKE · ZOIA PHARMA · PROMIN

flok FAMILY CAMP

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