

Dear Parents,

*Do you need a break from packing lunches???* let Simply Gourmet do the work for you this summer!!

We are a catering company specializing in providing food services to children.

Order processing is automated on our web site:

[www.SimplyGourmetLunches.com](http://www.SimplyGourmetLunches.com)

*We proudly offer “wholesome” meal options which have no gmo’s, no artificial ingredients, no growth hormones and no trans fats; only fresh super foods that promote a healthy diet for children!*

Instructions:

1. Returning customers will log in to your existing account or new users will create a new account. (Click on the “How It Works” tab on our home page to follow step by step directions to create an account.)
2. Our standard menu includes an entrée, a side & a fruit/veggie as your base meal bundle. You may customize any meal component listed by simply checking one of the daily boxes and then clicking on “edit this day” which will open up the drop down boxes listing our many alternate

selections. A-la-carte items will also be listed and can be purchased on any day. (ie. Beverages, desserts etc...)

3. You may choose to participate every day or any individual days within the week.
4. *Orders must be placed three days in advance* of the day you would like to receive service.

If you have any trouble navigating through our website feel free to contact us and we can “walk” you through the process.

*We look forward to serving your children!*



## SANSKRITI IMMERSION CAMP

AUGUST 2018

**Alternate entrees:**

CHICKEN BREAST TENDERS  
 HOME MADE MAC & CHEESE  
 MIXED GREENS W/ GRILLED CHICKEN  
 TUNA SANDWICH ON WHEAT  
 WHOLE WHEAT BAGEL W/ BUTTER  
 WHOLE WHEAT BAGEL W/CREAM CHEESE  
 GRILLED CHEESE SLIDERS  
 CHICKEN SLIDERS  
 BUTTERED NOODLES  
 PIZZA BAGEL  
 SUN BUTTER & JELLY ON WHEAT  
 TURKEY, LETTUCE & CHEESE 6" SUB  
 VEGGIE SLIDERS  
 VEGGIE TENDERS  
 BAKED EGGO WW MINI PANCAKES  
 YOGURT W/BLUBERRIES & GRANOLA  
 LOMEIN NOODLE, FRESH VEGGIE  
 & EDAMAME SALAD  
 BLACK BEAN & RICE BOWL  
 BAKED ZITI  
 GF CHICKEN TENDERS  
 PASTA, TOMATO & MOZZARELLA SALAD

**Alternate Sides:**

HARD BOILED EGG  
 CHEEZE-IT CRACKERS  
 DANNON YOGURT  
 HOMEMADE HUMMUS & VEGGIES  
 STRING CHEESE

**Alternate Produce:**

MANDARIN ORANGES  
 CARROTS & DIP  
 PLUM  
 ORANGE SLICES  
 WATERMELON

**Optional Drinks:**

1% CHOCOLATE MILK—\$.60  
 1% MILK \$.60  
 100% FRUIT JUICE \$.80  
 HONEST KIDS ORGANIC JUICE \$1.00  
 16oz. WATER \$1.00  
 8oz. WATER \$.75

Mon	Tue	Wed	Thu	Fri
<p style="text-align: right;">13</p> <p style="text-align: center;">Veggie Sliders Hummus &amp; Pita Wedges Tomato &amp; Cuke Salad</p>	<p style="text-align: right;">14</p> <p style="text-align: center;">Baked Ziti String Cheese Cukes &amp; Dip</p>	<p style="text-align: right;">15</p> <p style="text-align: center;">Chicken Sliders Potato Croquettes Carrots &amp; Dip</p>	<p style="text-align: right;">16</p> <p style="text-align: center;">Buttered Noodles Turkey Meatballs Watermelon</p>	<p style="text-align: right;">17</p> <p style="text-align: center;">Pizza Bagel Pasta Salad Plum</p>
<p style="text-align: right;">20</p> <p style="text-align: center;">Homemade Mac &amp; Cheese Buttermilk Biscuit Watermelon</p>	<p style="text-align: right;">21</p> <p style="text-align: center;">Baked Eggo Mini Pancakes Turkey Bacon Mandarin Oranges</p>	<p style="text-align: right;">22</p> <p style="text-align: center;">Cold Lomein Noodles, Fresh Veggies &amp; Edamame Salad Soft Breadstick Watermelon</p>	<p style="text-align: right;">23</p> <p style="text-align: center;">Grilled Cheese Sliders Corn Salad Plum</p>	<p style="text-align: right;">24</p> <p style="text-align: center;">Chicken Tenders Tostito Chips &amp; Salsa Orange Slices</p>
<p>Lunch \$5.00/day</p>				

Lunches include an entrée, a side, and fruit / vegetable daily ( each component can be customized)  
 beverages are available for an additional charge