

# KENTUCKY YMCA YOUTH ASSOCIATION

## 2024 GFI MEAL MENUS

**\*\*\*\*THIS MENU IS A SAMPLE AND IS TENTATIVE\*\*\*\***

Dietary needs menus are forthcoming. Please ensure your info form is up to date with the correct dietary information.

### **Saturday Dinner:**

Chicken Tenders

Grilled Chicken

Au Gratin Potatoes

Country Green Beans

Biscuits

Brownies

Salad Bar

GF/DF Option: Grilled Chicken, Roasted Potato Halves, Green Beans, Salad Bar, GF Cookie, and DF Italian Ice

Vegetarian/Vegan Option: Vegetable and Red Bean Medley, Roasted Potato Halves, Green Beans, and Salad Bar

## **Sunday Breakfast:**

Cheese Omelet

French Toast & Syrup

Sliced Ham

Breakfast Cubes

Yogurt Bar

GF/DF Option: Sliced Ham, Breakfast Potato Cubes, GF Cereal, and GF Muffin

Vegetarian/Vegan Option: GF Cereal and GF muffin (contains egg)

## **Sunday Lunch:**

Cheeseburgers

Macaroni & Cheese

**Baked Beans**

**Cookies**

**Salad Bar**

**GF/DF Option: Grilled Hamburger, Baked Beans, BBQ Chips, GF Chips, GF Bun, Salad Bar, GF Cookie, and DF Italian Ice**

**Vegetarian/Vegan Option: Black Bean Patty, BBQ Chips, and Salad Bar**

## **Sunday Dinner:**

**Meatball Marinara**

**Chicken Alfredo**

**Bosco Stick**

**Roasted Broccoli**

**White Cake**

**Salad Bar**

**GF/DF Option: GF Pasta, Marinara Sauce, Roasted Broccoli, Salad Bar, GF Cookie, and DF Italian Ice**

Vegetarian/Vegan Option: GF Pasta, Marinara Sauce, Roasted Broccoli, and Salad Bar

## **Monday Breakfast:**

Scrambled Eggs

Breakfast Pastries

Hashbrown Triangles

Sausage Links

Yogurt Bar

GF/DF Option: Hashbrown Triangles, Sausage Links, GF Muffin, and GF Cereal

Vegetarian/Vegan Option: GF Cereal and GF muffin (contains egg)

