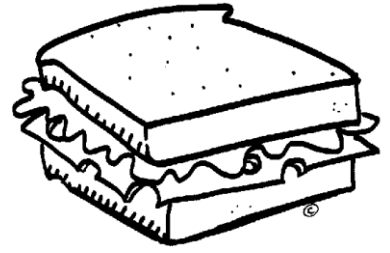


LUNCH OPTION SHEET

Our facility, The Golda Och Academy is kosher and requires that our children and staff bring only non-meat lunches from home. All types of beef, poultry, pork and shellfish are not permitted. (Other kinds of fish, such as tuna are fine.) We know that many of our Harbor Haven children cannot eat dairy products. This makes non-meat lunches a difficult task for parents as they try to figure out what to pack for their child. Therefore we have made arrangements to offer kosher lunch alternatives during the week because of these food limitations.



We are pleased to announce that on Mondays, Super Duper Bagels of Livingston will provide a paid lunch option. You can make your selections on the optional lunch order form that follows.

We are pleased that once again Deli King in Clark, NJ will provide a paid lunch option on Tuesdays, Thursdays and Fridays for the upcoming season. Deli King of Clark is a high quality establishment that has been serving the community for over 30 years. They have assured us that the items they are providing are peanut/nut free products. If you have any specific questions about the food items listed below please feel free to call Deli King and ask for Kenny. Their phone number is 732-574-2040.

All parents have the chance to pre-select a lunch for **Mondays, Tuesdays, Thursdays and Fridays** the weeks their child is attending. See attached order form for choices and prices. **The first day of the lunch option is Tuesday, June 27th. Camp is closed on Tuesday, July 4th.**

Your lunch order sheet and payment will need to be received no later than June 15th. You must order and pay for all of the lunches your child wants in advance. We will make every effort to make changes if necessary. If your child is absent on a day you have paid for a lunch, it will be refrigerated until the next day and served to your child, unless you call us and specify otherwise.

You can order the lunch option for as many or as few days as you want. If you are unsure which weeks your child is enrolled for, please call us before completing the optional lunch sheet. We hope that this option will make lunch planning easier for you and give your child more choices for lunch. Please feel free to call or e-mail us if you have any questions. Telephone: 908-964-5411, e-mail info@harborhaven.com.

We will continue to provide a complimentary lunch to everyone every Wednesday according to the schedule below. There is no need to send lunch with your child on these days unless he/she does not eat what we are serving. In that case, send a brown bag lunch from home and we will refrigerate it. As always, we provide a morning and afternoon snack every day!

Wednesday Complimentary Lunch Schedule (Reminder: Complete Food Permission/Complimentary Wednesday Lunch Selection Form; Gluten/dairy free choices listed)

June 28, July 19, & August 9	Pizza and Salad
July 5	Chicken Nuggets and Chips
July 12	Baked Ziti and Salad
July 26	Chicken Nuggets and Chips
August 2	Macaroni and Cheese and Salad

Note for LIFE Program Participants: You have lunch out every Monday as part of your trip day. Choices will be reviewed prior to each Monday.

Note for TravelQuest Participants: You will have lunch out every day. Choices for lunch will be reviewed prior to each trip.

OPTIONAL LUNCH ORDER FORM

Name of Child _____ Phone Number _____

Please complete the form and send it back with a check payable to Harbor Haven for the total amount you are ordering. Make a copy of this form for your records. No lunch order form will be processed without payment. *Please put a check mark next to one meat or spread choice and one bread/bagel choice for each day you are ordering. Condiments and pickles are available on deli days. (Note: The rye bread is seedless. Bologna, hot dogs, Hamburgers and salami are made of beef. Hot items while fully cooked, may have cooled before consumption.)* Sorry, no credit cards accepted for this transaction.
Telephone: 908-964-5411, Fax: 908-964-0511

Price List:

Grilled Chicken Cutlet: \$7.25
Bologna, Salami, Corned Beef, Roast Beef, Turkey \$6.75
Tuna Salad, Egg Salad: \$6.50
Chicken Nuggets: \$5.50
Grilled Hamburger: \$4.50
Veggie Burger (Gluten Free): \$4.50
Bagel w/ butter, cream cheese, veggie cream cheese, jelly or plain: \$3.00
Grilled Hot Dog: \$2.50

Reminder:
Camp provides
lunch on
Wednesdays!

Week 1: June 27 – June 30 (Camp Begins on Tuesday June 27)

Tuesday, June 27 - Bologna ___ Corned Beef ___ Roast Beef ___ Salami ___ Turkey ___ Tuna Salad ___
Egg Salad ___ Grilled Chicken ___ Hot Dog ___ Hamburger ___ Veggie Burger ___ Chicken Nuggets ___
Bread Choice: Rye ___ White ___ Wheat ___ Bun ___ No Bread ___ Gluten Free Bread ___

Thursday, June 29 - Bologna ___ Corned Beef ___ Roast Beef ___ Salami ___ Turkey ___ Tuna Salad ___
Egg Salad ___ Grilled Chicken ___ Hot Dog ___ Hamburger ___ Veggie Burger ___ Chicken Nuggets ___
Bread Choice: Rye ___ White ___ Wheat ___ Bun ___ No Bread ___ Gluten Free Bread ___

Friday, June 30 - Bologna ___ Corned Beef ___ Roast Beef ___ Salami ___ Turkey ___ Tuna Salad ___
Egg Salad ___ Grilled Chicken ___ Hot Dog ___ Hamburger ___ Veggie Burger ___ Chicken Nuggets ___
Bread Choice: Rye ___ White ___ Wheat ___ Bun ___ No Bread ___ Gluten Free Bread ___

Week 2: July 3 – July 7 (No camp, Tuesday July 4th)

Monday, July 3 – **Bagel Choice:** ___ Plain ___ Whole Wheat ___ Gluten Free
___ No Bagel (only if ordering egg or tuna salad)

Spread options: ___ Cream Cheese ___ Veggie Cream Cheese ___ Butter ___ Jelly ___ Egg Salad
___ Tuna Salad ___ Nothing

Thursday, July 6 - Bologna ___ Corned Beef ___ Roast Beef ___ Salami ___ Turkey ___ Tuna Salad ___
Egg Salad ___ Grilled Chicken ___ Rye ___ Hot Dog ___ Hamburger ___ Veggie Burger ___ Chicken Nuggets ___
Bread Choice: Rye ___ White ___ Wheat ___ Bun ___ No Bread ___ Gluten Free Bread ___

Friday, July 7 - Bologna ___ Corned Beef ___ Roast Beef ___ Salami ___ Turkey ___ Tuna Salad ___
Egg Salad ___ Grilled Chicken ___ Hot Dog ___ Hamburger ___ Veggie Burger ___ Chicken Nuggets ___
Bread Choice: Rye ___ White ___ Wheat ___ Bun ___ No Bread ___ Gluten Free Bread ___

Week 3: July 10 – July 14

Monday, July 10 – Bagel Choice: ___ Plain ___ Whole Wheat ___ Gluten Free

___ No Bagel (only if ordering egg or tuna salad)

Spread options: ___ Cream Cheese ___ Veggie Cream Cheese ___ Butter ___ Jelly ___ Egg Salad

___ Tuna Salad ___ Nothing

Tuesday, July 11 - Bologna___ Corned Beef___ Roast Beef___ Salami___ Turkey___ Tuna Salad___

Egg Salad___ Grilled Chicken ___ Hot Dog___ Hamburger___ Veggie Burger ___ Chicken Nuggets___

Bread Choice: Rye ___ White ___ Wheat ___ Bun ___ No Bread ___ Gluten Free Bread ___

Thursday, July 13 - Bologna___ Corned Beef___ Roast Beef___ Salami___ Turkey ___ Tuna Salad___

Egg Salad___ Grilled Chicken ___ Hot Dog___ Hamburger___ Veggie Burger ___ Chicken Nuggets___

Bread Choice: Rye ___ White ___ Wheat ___ Bun ___ No Bread ___ Gluten Free Bread ___

Friday, July 14 - Bologna___ Corned Beef___ Roast Beef___ Salami___ Turkey___ Tuna Salad___

Egg Salad___ Grilled Chicken ___ Hot Dog___ Hamburger___ Veggie Burger ___ Chicken Nuggets___

Bread Choice: Rye ___ White ___ Wheat ___ Bun ___ No Bread ___ Gluten Free Bread ___

Week 4: July 17 – July 21

Monday, July 17 – Bagel Choice: ___ Plain ___ Whole Wheat ___ Gluten Free

___ No Bagel (only if ordering egg or tuna salad)

Spread options: ___ Cream Cheese ___ Veggie Cream Cheese ___ Butter ___ Jelly ___ Egg Salad

___ Tuna Salad ___ Nothing

Tuesday, July 18 - Bologna___ Corned Beef___ Roast Beef___ Salami___ Turkey___ Tuna Salad___

Egg Salad___ Grilled Chicken ___ Hot Dog___ Hamburger___ Veggie Burger ___ Chicken Nuggets___

Bread Choice: Rye ___ White ___ Wheat ___ Bun ___ No Bread ___ Gluten Free Bread ___

Thursday, July 20 - Bologna___ Corned Beef___ Roast Beef___ Salami___ Turkey ___ Tuna Salad___

Egg Salad___ Grilled Chicken ___ Hot Dog___ Hamburger___ Veggie Burger ___ Chicken Nuggets___

Bread Choice: Rye ___ White ___ Wheat ___ Bun ___ No Bread ___ Gluten Free Bread ___

Friday, July 21 - Bologna___ Corned Beef___ Roast Beef___ Salami___ Turkey___ Tuna Salad___

Egg Salad___ Grilled Chicken ___ Hot Dog___ Hamburger___ Veggie Burger ___ Chicken Nuggets___

Bread Choice: Rye ___ White ___ Wheat ___ Bun ___ No Bread ___ Gluten Free Bread ___

Week 5: July 24 – July 28

Monday, July 24 – Bagel Choice: ___ Plain ___ Whole Wheat ___ Gluten Free

___ No Bagel (only if ordering egg or tuna salad)

Spread options: ___ Cream Cheese ___ Veggie Cream Cheese ___ Butter ___ Jelly ___ Egg Salad

___ Tuna Salad ___ Nothing

Tuesday, July 25 - Bologna___ Corned Beef___ Roast Beef___ Salami___ Turkey___ Tuna Salad___

Egg Salad___ Grilled Chicken ___ Hot Dog___ Hamburger___ Veggie Burger ___ Chicken Nuggets___

Bread Choice: Rye ___ White ___ Wheat ___ Bun ___ No Bread ___ Gluten Free Bread ___

Thursday, July 27 - Bologna___ Corned Beef___ Roast Beef___ Salami___ Turkey ___ Tuna Salad___

Egg Salad___ Grilled Chicken ___ Hot Dog___ Hamburger___ Veggie Burger ___ Chicken Nuggets___

Bread Choice: Rye ___ White ___ Wheat ___ Bun ___ No Bread ___ Gluten Free Bread ___

Friday, July 28 - Bologna___ Corned Beef___ Roast Beef___ Salami___ Turkey___ Tuna Salad___

Egg Salad___ Grilled Chicken ___ Hot Dog___ Hamburger___ Veggie Burger ___ Chicken Nuggets___

Bread Choice: Rye ___ White ___ Wheat ___ Bun ___ No Bread ___ Gluten Free Bread ___

Week 6: July 31 – August 4

Monday, July 31 – Bagel Choice: ___ Plain ___ Whole Wheat ___ Gluten Free
___ No Bagel (only if ordering egg or tuna salad)

Spread options: ___ Cream Cheese ___ Veggie Cream Cheese ___ Butter ___ Jelly ___ Egg Salad
___ Tuna Salad ___ Nothing

Tuesday, August 1 - Bologna ___ Corned Beef ___ Roast Beef ___ Salami ___ Turkey ___ Tuna Salad ___
Egg Salad ___ Grilled Chicken ___ Hot Dog ___ Hamburger ___ Veggie Burger ___ Chicken Nuggets ___

Bread Choice: Rye ___ White ___ Wheat ___ Bun ___ No Bread ___ Gluten Free Bread ___

Thursday, August 3 - Bologna ___ Corned Beef ___ Roast Beef ___ Salami ___ Turkey ___ Tuna Salad ___
Egg Salad ___ Grilled Chicken ___ Hot Dog ___ Hamburger ___ Veggie Burger ___ Chicken Nuggets ___

Bread Choice: Rye ___ White ___ Wheat ___ Bun ___ No Bread ___ Gluten Free Bread ___

Friday, August 4 - Bologna ___ Corned Beef ___ Roast Beef ___ Salami ___ Turkey ___ Tuna Salad ___
Egg Salad ___ Grilled Chicken ___ Hot Dog ___ Hamburger ___ Veggie Burger ___ Chicken Nuggets ___

Bread Choice: Rye ___ White ___ Wheat ___ Bun ___ No Bread ___ Gluten Free Bread ___

Week 7: August 7 – August 11

Monday, August 7 – Bagel Choice: ___ Plain ___ Whole Wheat ___ Gluten Free
___ No Bagel (only if ordering egg or tuna salad)

Spread options: ___ Cream Cheese ___ Veggie Cream Cheese ___ Butter ___ Jelly ___ Egg Salad
___ Tuna Salad ___ Nothing

Tuesday, August 8 - Bologna ___ Corned Beef ___ Roast Beef ___ Salami ___ Turkey ___ Tuna Salad ___
Egg Salad ___ Grilled Chicken ___ Hot Dog ___ Hamburger ___ Veggie Burger ___ Chicken Nuggets ___

Bread Choice: Rye ___ White ___ Wheat ___ Bun ___ No Bread ___ Gluten Free Bread ___

Thursday, August 10 - Bologna ___ Corned Beef ___ Roast Beef ___ Salami ___ Turkey ___ Tuna Salad ___
Egg Salad ___ Grilled Chicken ___ Hot Dog ___ Hamburger ___ Veggie Burger ___ Chicken Nuggets ___

Bread Choice: Rye ___ White ___ Wheat ___ Bun ___ No Bread ___ Gluten Free Bread ___

Friday, August 11 - Bologna ___ Corned Beef ___ Roast Beef ___ Salami ___ Turkey ___ Tuna Salad ___
Egg Salad ___ Grilled Chicken ___ Hot Dog ___ Hamburger ___ Veggie Burger ___ Chicken Nuggets ___

Bread Choice: Rye ___ White ___ Wheat ___ Bun ___ No Bread ___ Gluten Free Bread ___

Total Number of \$7.25 Items ___ X \$7.25 = ___ **total cost**

Total Number of \$6.75 Items ___ X \$6.75 = ___ **total cost**

Total Number of \$6.50 Items ___ X \$6.50 = ___ **total cost**

Total Number of \$5.50 Items ___ X \$5.50 = ___ **total cost**

Total Number of \$4.50 Items ___ X \$4.50 = ___ **total cost**

Total Number of \$3.00 Items ___ X \$3.00 = ___ **total cost**

Total number of \$2.50 Items ___ X \$2.50 = ___ **total cost**

Grand Total of ALL ITEMS _____

Remember: The deadline is June 15th