

# On the Menu

## Monday

### Outdoor Adventure Day → Campfire-Inspired Dinner

- Hot dogs over the fire
- S'mores
- Fruit Skewers

## Tuesday

### Creative & Crafty Day → DIY Dinner Night

- Make-Your-Own Pizzas
- Rainbow Fruit Salad (Let each child pick a fruit to add)
- Veggie Sticks with Fun Dips (Hummus, ranch, or guacamole)

## Wednesday

### Movie & Game Night → Snack Board Dinner

- DIY Snack Board (Cheese, crackers, fruit, mini sandwiches, popcorn, and nuts)
- Themed Movie Dessert (ice cream or each kid's favorite candy and popcorn)

## Thursday

### Water Play & Science Fun → Tropical Beach Dinner

- Hawaiian Meatballs
- Popsicles for dessert

## Friday

### Field Trip & Exploration Day → Pasta Bar Dinner

- Build Your Own Pasta Bar (Couple of different noodle choices and choices of marinara or Alfredo sauces; we are meat free on Fridays)

## Saturday

## Sunday

# Grocery List

## Campfire Night

- Hot Dogs
- Buns
- Ketchup/Mustard
- Graham Crackers
- Chocolate
- Marshmallows
- Your Favorite Fruit
- Skewers

## Snack Board Night

- Small Containers
- Mini cupcake liners
- Toothpicks
- Adult Charcuterie Ideas:
  - Black Olives
  - Pepperoninis
  - Variety pack of charcuterie meats
  - Cheese cubes
  - Sliced cheese
  - Red grapes
  - Macaroons
  - Honey roasted nuts
  - Pickles
- Kids Charcuterie Ideas:
  - Goldfish
  - Grapes
  - Pepperoni (I love the Applegate brand)
  - Nuts (if older than 4)

## Tropical Beach Night

- 1 pound lean ground beef (I do grass fed)
- 1/2 cup Panko breadcrumbs
- 1 egg, lightly beaten
- 1 tablespoon low-sodium soy sauce OR
- coconut aminos
- 1 tablespoon Worcestershire sauce
- 1 teaspoon minced garlic
- 8 ounces crushed pineapple (No added sugar)
- 1/4 cup water
- 1/4 cup low-sodium soy sauce OR coconut aminos
- 2 TBS honey
- 1.5 tablespoons rice wine vinegar (can sub white vinegar)
- 1 tablespoon coconut sugar
- 1 tablespoon freshly grated ginger
- 1 tablespoons cornstarch OR arrowroot starch

## Pasta Bar Night

- Noodles & sauce of choice

## DIY Dinner Night

- Naan Bread (I buy the full size and the minis so the kids can have their own)
- Shredded cheese – (I did parmesan, mozzarella and cheddar)
- Marinara
- Pesto
- BBQ sauce
- Turkey pepperonis
- Roasted red bell peppers (from the jar)
- Left over grilled veggies – onions, mushrooms and bell peppers
- Ingredients for High Protein Ranch:
  - 1/2 cup olive oil OR avocado oil based mayonnaise
  - 1/2 cup cottage cheese
  - 1/2 cup milk of choice
  - 1 TBS rice wine vinegar
  - 3/4 – 1 teaspoon dried dill weed
  - 1/2 teaspoon dried parsley
  - 1/2 teaspoon dried chives
  - 1/4 teaspoon onion powder
  - 1/2 teaspoon garlic powder
  - 1/4 teaspoon fine sea salt
  - 1/8 teaspoon finely cracked pepper
  - freshly squeezed lemon juice to taste approximately 1-3 teaspoons, adjust to taste
- Ingredients for Hummus:
  - 4 garlic cloves
  - 2 cups canned chickpeas, drained, liquid reserved
  - 1 1/2 teaspoons kosher salt
  - 1/3 cup tahini (sesame paste)
  - 6 tablespoons freshly squeezed lemon juice (2 lemons)
  - 2 tablespoons water or liquid from the chickpeas