



tiger treats!

5 reasons why you'll like us!

1. We make fresh healthy wholesome AND delicious food prepared with growing athletes in mind...
2. We make every attempt to find organic, local seasonal, sustainable ingredients ... no HFCS, no junk. We use raw honey, agave, or brown rice syrup instead of sugar.
3. We try to offer some items that are gluten-free, nut-free, dairy-free, and vegetarian every day.
4. We use "super-foods" to make high-protein snacks that nutritional experts and coaches agree help kids maximize their potential on the field...
5. We also make efforts to save the environment! ALL our packaging is bio-degradable, compostable, or made from recycled products!

(the fine print:)

- please let us know if you have any special dietary needs or concerns...
- specialty items and home-cooked meals can be ordered for pickup... just ask!

for more information,
please contact Miranda Kany
917.587.7098 or email
tigertreats.gfs@gmail.com
or go to
www.samirand.com

GFS Summer Camp Lunch Menu #2!

2016

(for adults and big kids)





tiger treats!

healthy food for growing athletes...

tiger treats lunch

older kids and counselors may also order lunch. They too will receive a brown paper lunch with their NAME ON IT, containing a sandwich, chips or pretzels, or yogurt with fruit and granola or hummus with carrots and celery or fresh fruit, a treat, and a choice of a drink (chocolate milk, V8, water, izzy soda)

Sandwiches will vary each day (see the menu) if you think your kid will OBJECT to a certain sandwich or food choice, PLEASE let us know. We are happy to customize every lunch so your kid will be happy and eat it!

And, if your kid has any food needs, issues, allergies, anything, please let us know, so we can avoid those items too.

Lunches are \$9.50/day or \$45./week per kid You can pay with cash or a check at registration on the first day of camp

IF YOU HAVE ALREADY SIGNED UP

by email at tigertreats.gfs@gmail.com or by text to Miranda at 917.587.7098.

Or you can pay with a credit card online at www.samirand.com... go to the paypal page.

Credit card payments are for one week, and have a surcharge of \$1.50 each transaction, so, 1 kid, 1 week = \$46.50 online.



week of June 13–17 and 20–24 lunch menu (for adults and older kids)

Monday

Homemade Crispy Fried Chicken
Homemade Cole Slaw, Corn Muffin, Watermelon, Brownie

Tuesday

Roast Beef Bretzel ... Red Onions, Horseradish Chevre, Arugula
Hummus with Carrots & Celery
Chocolate Chip Cookies

Wednesday

Turkey Panini ... Havarti, Spinach, Hot Peppers, Sriracha Mayo,
Chips, Nutella with Apples, Chocolate Chip Banana Bread

Thursday

Caprese Bialy with Fresh Pesto Ricotta,
Tomatoes, Basil, Fresh Mozzarella
Maple Vanilla Yogurt with Grapes
Oatmeal Kitchen Sinks

Friday

Veggie Burritos with Whole Grain Flatbread, Leafy Greens,
Brown Rice, Black Beans, Corn, Avocado, Cheddar
Tortilla Chips & Salsa, Brown Rice Krispy Treat

**there is also a simpler menu for younger kids...*



Any questions, please call Miranda or email her.

