



TAMARAK GLUTEN FRIENDLY LUNCH MENU 2024

MONDAY

**GRILLED
CHICKEN
ON GLUTEN
FREE PITA
(COLD SANDWICH)**

ORGANIC LIFE

**WATER IS AVAILABLE
FOR ALL CAMPERS
DURING LUNCH**

**ALL MEALS
INCLUDE SIDES
THAT ARE
GLUTEN FRIENDLY**

TUESDAY

**GLUTEN
FREE
BAGEL
& CREAM
CHEESE**

ORGANIC LIFE

WEDNESDAY

**SUNBUTTER
& JELLY
SANDWICH
ON GLUTEN
FREE BREAD**

ORGANIC LIFE

THURSDAY

**GLUTEN
FREE
CHEESE
PIZZA**

PIERO'S

FRIDAY

**TURKEY
ON A
GLUTEN
FREE
SUB ROLL**

ORGANIC LIFE

ORGANIC LIFE AND PIERO'S ARE PEANUT FREE VENDORS

**IF YOUR CHILD HAS ALLERGIES AND YOU WOULD LIKE MORE INFORMATION,
PLEASE FEEL FREE TO CONTACT OUR NURSE OR THE FOOD SERVICE PROVIDERS DIRECTLY:**

TAMARAK NURSE NORA 847-634-3168 / NURSETAMARAK@GMAIL.COM

ORGANICLIFE SARA SAUCILLO 847-541-2180

PIERO'S PIZZA FRANK GUAGLIARDO 847-433-7795

THE LUNCH PROGRAM IS ALL 5 DAYS OR PIZZA ONLY ON THURSDAYS