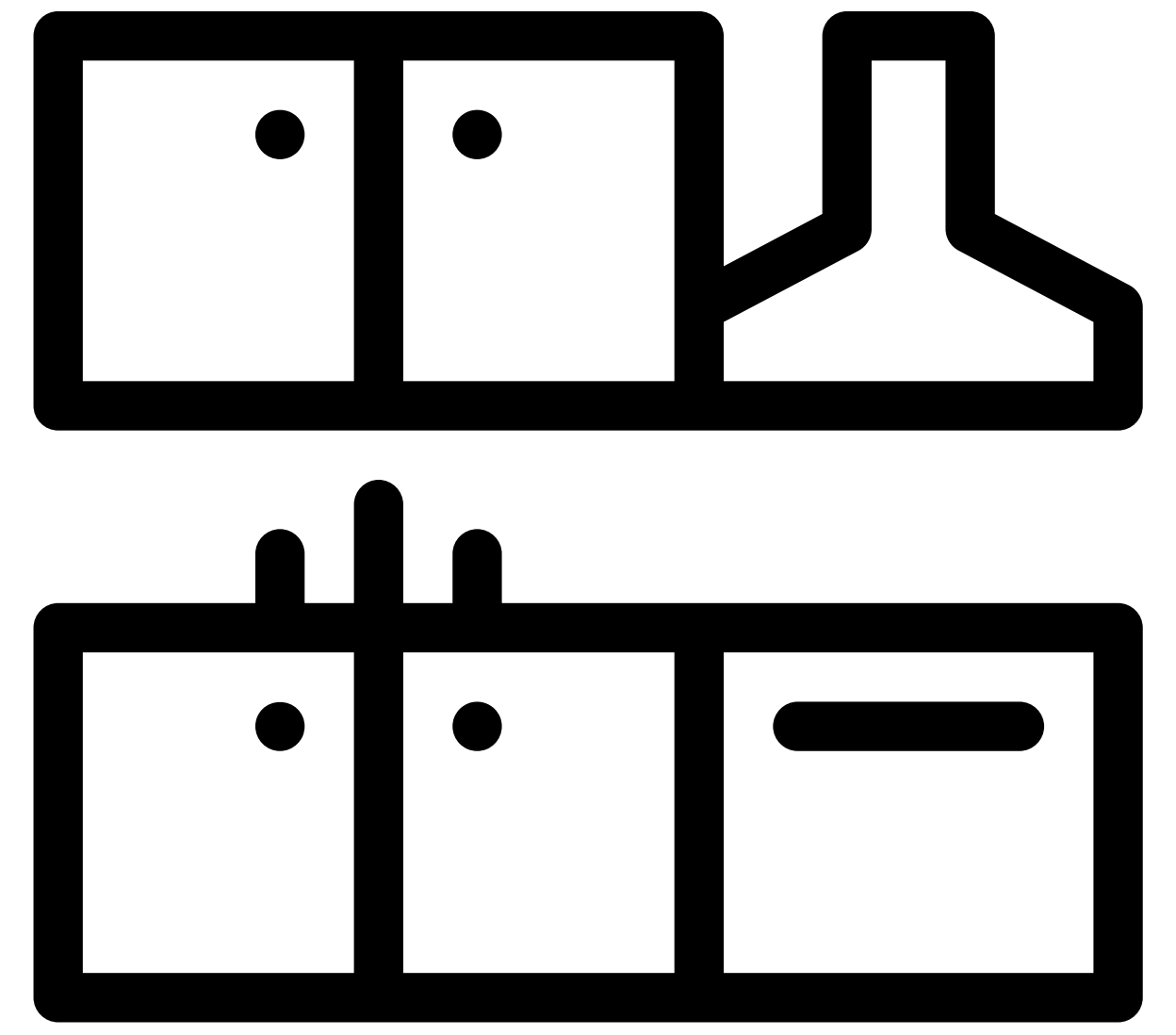


International Cuisine

Susie's Kitchen Culinary Camp



Snacks and Entree Menu

Mon

Day 1: Mexico Munchies

Carlota Minis

Chilaquiles

Coctel de Frutas



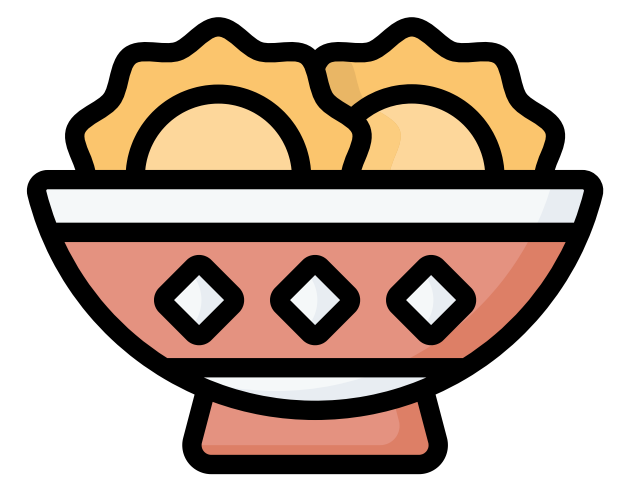
Tue

Day 2: Korean Kravings

Tteok-bokki (Rice Cakes)

Chicken and Veggie Mandu

Korean Scallion Pancakes w/ Veggies



Wed

Day 3: Delicious Desi

Savory Bombay Toast

Chicken Paratha Rolls

Channa Chaat



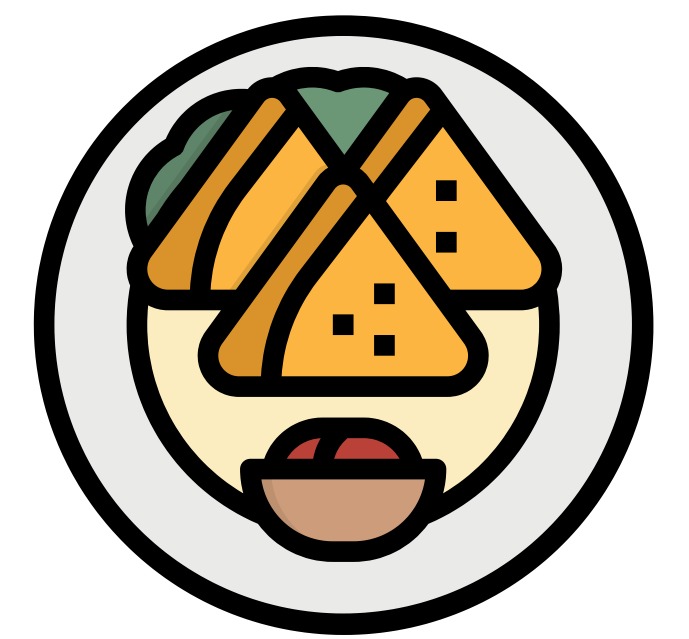
Thu

Day 4: Filipino Favorites

Lumpia

Beef Empanadas

Pancit



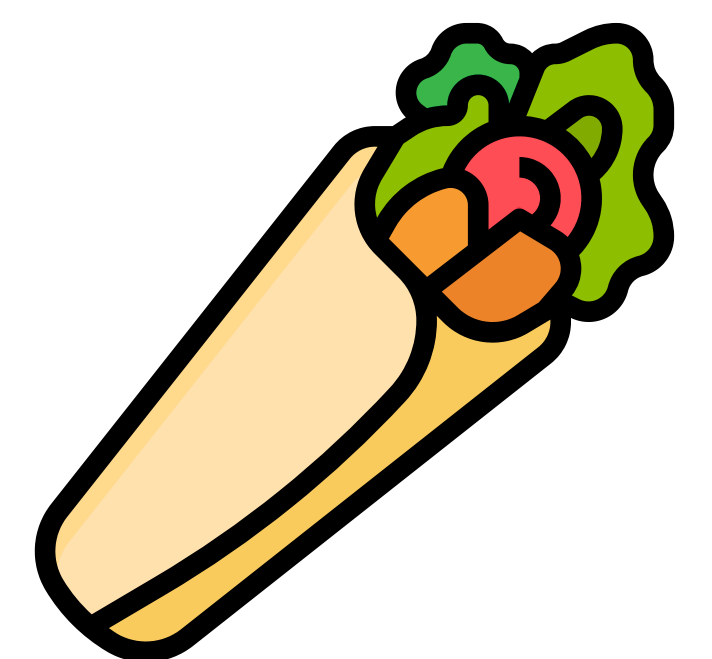
Fri

Day 5: Groovy Greek

Hummus + Vegetables

Chicken Souvlaki Pitas with Tzatziki Sauce

Greek Yogurt Parfait



At Susie's Kitchen, campers will work hands-on to prepare nutritious and delicious food. Recipes focus on International Cuisine to enhance nutrition knowledge on the benefits of key food components for each cuisine day. **Please be aware that foods used in the kitchen may contain or come into contact with common allergens such as dairy, eggs, wheat, soybeans, tree nuts, peanuts, sesame, fish or shellfish.** Please inform Dr. Hernandez of any food allergies.