



2026 CAMP CORY MENU



The Heart of our Dining Hall

OUR CORE VALUES

At Camp Cory, our dining hall is more than just a place to eat—it is where our values come to life at the table.

CARING

We provide a diverse menu with options for every camper, from those with strict dietary restrictions to our selective eaters. We ensure everyone finds something they love while gently encouraging them to discover new favorites.

HONESTY

We offer families clear, transparent communication regarding our menu and dietary protocols. You can feel confident knowing exactly what goes into the meals your child eats and how they are prepared.

RESPECT

We foster a community built on the idea of lifting each other up. Every camper is mindful of the people they share a table with and the spaces that we call home.

RESPONSIBILITY

We empower campers to grow through clear roles in the dining hall. Our family-style meals teach independence and the importance of contributing to the success of the group.

CONNECTION

We cherish mealtime as our chance to slow down and bond. It is the moment in our busy camp day where our entire community comes together to reset, share stories, and strengthen friendships.



2026 Camp Cory Menu: Sessions 1, 3, 5, and 7					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Breakfast Taco Scrambled Egg, Pico De Gallo, Sour Cream, Black Beans Homefries, Breakfast Potatoes	Waffles Strawberry Sauce Sausage Links	Texas-Style French Toast Strawberry Sauce Turkey Sausage Patties	Cheesy Scrambled Eggs Hashbrowns Grilled Ham	Breakfast Hot Pocket Scrambled Eggs, Cheddar Cheese, Chopped Bacon in a Puff Pastry Hashbrown Patties
	V G D Vegan Cheese & Tofu Crumble Gluten-Free Taco Shell Vegan Cheese & Scrambled Eggs	V D G Van's Vegan Waffles Gluten-Free Waffles	V G D Vegan Egg French Toast Gluten-Free French Toast Dairy-Free French Toast	V D Vegan Egg & Cheese Dairy-Free Scrambled Egg	V G D Vegan Breakfast Hot Pockets Breakfast Burritos Dairy-Free Breakfast Hot Pocket
	Every morning there will be hand cut fresh fruit, hot oatmeal, assorted cold cereals, variety of yogurts, granola, raisins, 1% or Fat Free milk, orange and apple juices available.				
Lunch	Cheese Quesadillas Tortilla Chips Black Beans, Yellow Rice Corn Salad	Pulled BBQ Chicken Sandwich Cheddar Cheese on a Hamburger Bun Tater Tots, Roasted Yellow Squash	French Bread Pizza Pasta with Marinara Carrots, Celery Sticks	Cory Plate Hamburger, Fries, Mac Salad	Mac & Cheese Toppings: Diced Tomatoe, Caramelized Onion Roasted Broccoli, Dinner Roll
	V D G Vegan Cheese Quesadillas Gluten-Free Tortilla Quesadillas	V Kentucky Fried Tofu	V G D Vegan Pizza Gluten-Free Pizza Dairy-Free Pizza	G Gluten-Free Buns	V G D Vegan Mac & Cheese Gluten-Free Mac & Cheese Vegan Nacho Cheese Mac & Cheese
	Every lunch there will be a full salad bar, including a variety of fresh vegetables, proteins and toppings.				
Dinner	Chicken Pot Pie Mashed Potatoes Roasted Squash	Hamburgers & Hot Dogs BBQ Sauce, Lettuce, Tomato, Onion, Pickles Coleslaw, Potato Salad, Pasta Salad, Chips Corn on the Cob, BBQ Beans	Chicken Parmesan with Marinara Sauce Penne Pasta Garlicky Green Beans Garlic Toast	Build Your Own Protien Bowl Chicken, Tofu, Carrots, Pickled Cucumbers, Edemame, Scallions Rice	Beef Tacos Shredded Lettuce, Tortilla Chips, Pickled Jalapeno Spanish Rice Black Bean Corn Salad
	Dessert V G D Jello Cups TVP Bolognese Gluten-Free Pasta Marinara Sauce	V G Watermelon Vegan Burgers & Dogs Gluten-Free Buns	V G D Ice Cream, Orange Creamsicle Herb Encrusted Tofu Gluten-Free Roll, Grilled Chicken Dairy-Free Grilled Chicken	V G Strawberry Shortcake Tofu Rice	G Churros Gluten-Free Tortillas
	Every dinner there will be a full salad bar, including a variety of fresh vegetables, proteins and toppings.				
D V G Dairy-Free Alternative Vegetarian Option Gluten-Free Alternative					

2026 Camp Cory Menu: Sessions 2, 4, 6, and 8					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Breakfast Quesadilla Salsa, Sour Cream Homefries, Breakfast Potatoes	Blueberry Pancakes Blueberry Sauce Bacon	French Toast Sticks Turkey Bacon	Cheesy Scrambled Eggs Grilled, Buttered Texas Toast Tator Tots Bacon	Breakfast Sandwich Fried Eggs, American Cheese, Roll Breakfast Potatoes Bacon
	V G D Vegan Cheese & Tofu Crumble Gluten-Free Tortilla Vegan Cheese	V G D Vegan Egg French Toast Gluten-Free French Toast Dairy-Free French Toast	V G D Vegan, Gluten-Free Pancakes Gluten-Free Pancakes Dairy-Free Pancakes	V Tofu Scramble	V G D Vegan Cheese & Vegan Egg Gluten-Free Roll Vegan Cheese & Fried Egg
	Every morning there will be hand cut fresh fruit, hot oatmeal, assorted cold cereals, variety of yogurts, granola, raisins, 1% or Fat Free milk, orange and apple juices available.				
Lunch	Meatball Subs Tater Tots Carrots & Celery Sticks	Pizza Cheese, Pepperoni Plain Pasta Caesar Salad, Carrots & Celery Sticks	BBQ Pulled Pork Peppers & Onions, Pickled Cabbage Coleslaw, Potato Salad, Potato Chips Sweet Corn, Lettuce, Tomato, Onion, Pickles	Chicken Pattie Sandwiches Lettuce, Tomato Onion, Pickles Potato Chips Sweet Corn	Philly Cheesesteaks Peppers & Onions Curly Fries Giardiniera Vegetables
	V G Vegan Meatball Subs Gluten-Free Bread	V G D Vegan Pizza Gluten-Free Pizza Dairy-Free Pizza	V G Vegan Burgers & Dogs Gluten-Free Buns	V G Fried Seitan Sandwich Gluten-Free Chicken Pattie & Bun	V G Grilled Mushrooms and Peppers Gluten-Free Sub Rolls
	Every lunch there will be a full salad bar, including a variety of fresh vegetables, proteins and toppings.				
Dinner	Chicken Alfredo Glazed Carrots	Hamburgers & Hot Dogs BBQ Sauce, Peppers & Onions, Pickled Cabbage Coleslaw, Potato Salad, Pasta Salad, Potato Chips Sweet Corn, BBQ Beans	Pasta Bar Marinara, Bolognaise, Alfredo Cavatappi Pasta Sweet Peas & Carrots Garlic Knots	Chicken Stir Fry Chow Mein Noodle White Rice Edamame Pods	Chicken Fajitas Shredded Lettuce, Tortilla Chips, Pickled Jalapeno Spanish Rice Black Bean Corn Salad Flour Tortillas, Tortilla Chips
	Dessert V Rice Krispies Treats Herb Encrusted Tofu	V G Watermelon Vegan Burgers & Dogs Gluten-Free Buns	V G Apple Turnovers TVP Bolognaise Gluten-Free Pasta	V G Cherry Italian Ice Veggie Stir Fry Gluten-Free Pasta	G Apple Crisp Gluten-Free Tortillas
	Every dinner there will be a full salad bar, including a variety of fresh vegetables, proteins and toppings.				

CAMPERS WITH SPECIAL DIETS

Camp Cory together with Wolfoods Food Services is committed to providing a safe environment at camp. Dietary needs should not detract from the camp experience. Through a relationship between Camp Cory, Camp Staff, Wolfoods, the camper and the camper’s parents/guardians, most typical dietary needs can be met.

OUR COMMITMENT TO YOUR CHILD’S SAFETY

At YMCA Camp Cory, we partner with Wolfoods Kitchen to ensure every camper has a safe, nutritious, and inclusive dining experience. Here is how we manage food safety and allergies:

HOW WE KEEP YOUR CAMPER SAFE:

- **Expert Training:** Our kitchen team is professionally trained in safe food handling and specific cross-contamination prevention.
- **Careful Labeling:** We maintain a detailed library of ingredient labels for all packaged foods, ensuring we know exactly what is in every item we serve.
- **Smart Storage:** All allergen-free foods are stored separately in a clean, sanitized environment to keep them safe.
- **Clear Communication:** Every meal features an Allergen Communication Board in the dining hall, clearly marking the "Top Allergens" (including sesame) present in that meal.
- **Safety Close at Hand:** Our medical team provides a comprehensive list of all camper restrictions to the kitchen staff. For peace of mind, emergency First Aid (including Epi-Pens) is always kept close to the dining facility.

PERSONALIZED MEAL CARE:

- **Specialized Plates:** For campers with anaphylactic allergies or multiple dietary needs, we individually wrap and label their meals with their name to ensure they get exactly what they need.
- **A Note on Sesame:** While some manufactured products may contain sesame, we omit it from all of our "house-made" ingredients. These items will always be clearly marked on our communication boards.

HOW YOU CAN HELP US PREPARE:

To provide the best care for your camper, we rely on a close partnership with you before they even arrive at Keuka Lake.

- **Before Camp Starts:**
 - **Be Detailed:** On your health forms and Food Allergy Profile, please clearly list all dietary restrictions. It is incredibly helpful for us to know if it is a sensitivity or a life-threatening allergy, what a reaction typically looks like, and the exact steps our medical team should take to treat it.
 - **The Two-Week Mark:** Please ensure all forms are completed and submitted at least two weeks before your camper’s arrival. This gives our kitchen and leadership teams the time they need to order the right ingredients and prepare for your child’s specific needs.
- **Empowering Your Camper:**
 - **Practice at Home:** We encourage you to review "self-management" with your camper. Helping them feel confident in identifying their safe foods and knowing when to ask a counselor or kitchen staff member for help makes their camp experience much smoother.
- **A Note on Outside Food:**
 - **Safety First:** While your camper will be provided with great meals in the dining hall and snacks in the camp store, many campers bring snacks to keep in their cabin. We ask that you please that you provide your campers with sealed containers for their snacks. Please no snacks with peanuts and/or tree nuts. While camp can provide hot water in the dining hall for snacks like ramen noodles, access to a microwave or special containers are reserved for special dietary needs.
 - **Filling the "Gaps":** Our kitchen is well-stocked with a wide variety of alternatives. However, if our team reviews your child’s profile and feels we are missing a specific item they need, we will reach out to you directly to coordinate sending supplemental food.

CAMP CORY SELECTIVE EATERS

At Camp Cory, we try to encourage all campers to try all of the food options that we have. However, we do understand that all campers benefit from knowing they have options when they come to our dining hall. Campers can come to the main window with their counselor to have an alternative to the main meal, if they do not have it at the salad bar.The following default meal period menu items should always be available :

- **Breakfast**
 - Cereal
 - Oatmeal
 - Bagel & Cream Cheese
 - Scrambled Eggs
- **Lunch & Dinner**
 - Cereal
 - Plain Pasta
 - Bagel & Cream Cheese
 - Grilled Chicken Breast OR Hot Dog
 - Grilled Cheese OR Quesadilla