



*We are a nut free camp
We offer wheat free options*



BREAKFAST

LUNCH

DINNER



Sunday

Juice
Cold Cereals
Oatmeal
Yogurt
Fruit Tray
Bagels
Cream Cheese
Milk/Soy Milk

Taco Hard & Soft Shells
Spanish Rice, Salsa
Taco spiced meat
Taco spiced Vegi. Crumbles
Shredded Lettuce
Chopped Onions, Tomatoes
Sour Cream
Churros
Juices

SALAD BAR
Oven-Baked Chicken
Vegetarian Patties
French Fries
String Beans
Rolls
Make your own
Sundae
Juices



Monday

Juice
Cold Cereals
Oatmeal
Yogurt
Fruit Tray
Egg/Sausage -
Muffins
Milk/Soy Milk

SALAD BAR
Macaroni & Cheese
BBQ Riblets
Vegetarian Chickpea Patties
Apple Pie
Juices

SALAD BAR
Spaghetti & Sauce
Meatballs
Garlic Bread
Vegetable Medley
Pudding
Juices

Tuesday



Juice
Cold Cereals
Oatmeal
Yogurt
Fruit Tray
Pancakes
Hot Syrup
Milk/Soy Milk

SALAD BAR
Cheese Pizza
Pepperoni Pizza
Jell-O w/ Whipped Cream
Juices

SALAD BAR
Roast Turkey
Marinated Tofu
Stuffing
Creamed Spinach
Cookies & Fruit
Juices

Wednesday



Juice
Cold Cereals
Oatmeal
Yogurt
Fruit Tray
Biscuits & Gravy
Bacon
Milk/Soy Milk

BARBECUE
Hamburgers, Franks,
Veggie Burgers
Corn-on-the-cob, Pickles
Lettuce / Tomato / Baked
Beans
Juices
Watermelon

SALAD BAR
Calzones w/sauces
Fruit Chutney
Roasted Vegetables
Ice Pops
Juices



Thursday

Juice
Cold Cereals
Oatmeal
Yogurt
Fruit Tray
French Toast
Hot Syrup
Milk/Soy Milk

SALAD BAR
Tomato Soup
Grilled Cheese Sandwich
Brownies
Juices

SALAD BAR
Pork Roast
Cheese Ravioli
New Potatoes
Broccoli Rolls
Juices
Fruit Medley



Friday

Juice
Cold Cereals
Oatmeal
Yogurt
Fruit Tray
Scrambled Eggs
Bacon
Toast
Milk/Soy Milk

SALAD BAR
Fajitas -
(Chicken/Beef/Cheese)
Rice/Peppers/Onions
Refried Beans
Fresh Choc. Chip Cookies
Juices

SALAD BAR
Chicken Soup
Roast Chicken/Gravy
Spicy Grilled Tofu
Mashed Potatoes
Italian Ice
Juices



Saturday

Juice
Cold Cereals
Oatmeal
Yogurt
Fruit Tray
Waffles
Hot Syrup
Milk/Soy Milk

SALAD BAR
Chicken Tenders
Tofu Tenders
French Fries
Peas
Cup Cakes
Juices

SALAD BAR
Lasagna
Vegetarian Lasagna
Summer Squash
Garlic Bread
Juices
Ice Cream



Salad Bar

- Lettuce
- Tomato
- Cucumber
- Carrots
- Celery
- Peppers
- Onions
- Chick Peas
- Cole Slaw
- Beets
- Croutons
- Chopped Eggs
- Cheeses
- Olives
- Tuna Salad
- Choice of Dressings
- Soy-nut Butter*
- Jelly
- Oil and Vinegar
- White & Wheat Breads
- Fresh Fruit Basket

