

Family Camp I July 3- July 10, 2016



	Monday Breakfast	Tuesday Breakfast	Wednesday Breakfast	Thursday Breakfast	Friday Breakfast	Saturday Breakfast	Sunday Breakfast
	Pancakes/Syrup Fruit Compote Cookies Potatoes Oatmeal Dry Cereals Granola Peaches/Strawberries Bananas/Grapefruit Blueberry Muffins	Baked Eggs Scrambled Tofu Hashbrowns 7 Grain/dry cereals Granola Assorted Fruits Bread & Spreads Cranberry Scones	Breakfast Burritos Eggs/Tofu Potatoes Cheese/Sour Cream/Salsa Jalapenos Cream of Wheat Dry Cereals/Granola Assorted Fruits Bread & Spreads Streusel Cake	Biscuits Prosage Gravy Tri-taters Steel-cut Oats Dry Cereals Granola Assorted Fruits Bread & Spreads Lemon Poppysseed Bread	Scrambled Eggs Scrambled Tofu Potato Wedges Ralston's Dry Cereals Granola Assorted Fruits Bread & Spread Bagels/Cream Cheese	Egg Puff Tater Tots Scrambled Tofu w/Little Links Oatmeal Dry Cereals Granola Assorted Fruits Cinnamon Rolls	Waffles Strawberry Sauce Whipped Topping Cream of Rice Dry Cereals Granola Assorted Fruits Bread & Spreads Raisin Bread w/applebutter
	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	<p>All meals are Vegetarian. <u>Vegan options at each meal.</u> Menu listed includes the main course items. Juice, milk, fruit, salads, homemade breads, jam, jelly, peanut butter, margarine and other items are available at most meal times. Breakfast always includes an assortment of fruits and dry cereals. Remember, the Country Fair & Rodeo meals and Ice Cream Mountain are included with your activity fee. <u>Menu subject to change due to product availability.</u></p>
	Lasagna Broccoli Corn Garlic Bread Salad Bar Caesar Salad Breads & Spreads Carrot Cake Apples/Oranges	Vegetable Wellington Baked Potatoes Leek Gravy Peas & Carrots Dinner Rolls Kale Salad Salad Bar Bread & spreads Cookies Apples/Oranges	Scallops w/Tarter Sauce Scalloped Potatoes Green Beans Dinner Rolls Salad Bar Spinach Salad Bread & Spreads Apple-Berry Crisp Apples/Oranges	Chickettes & Coconut Milk w/spinach Grilled Fresh Vegetables Rice Pilaf Dinner Rolls Mixed Salad Asian Coleslaw Bread & Spreads Cupcakes Apples/Oranges	Mushroom Stroganoff Noodles Baked Butternut Squash Dinner Rolls Salad Bar Bread & Spreads Apples/Oranges ICE CREAM MOUNTAIN	Vege-Chicken Potpie Oven Roasted Red Potatoes Zucchini Dinner Rolls Salad Bar Kale Salad Bread & Spreads Chocolate Cake Vegan Carob Cake Apples/Oranges	
Sunday Supper	Supper	Supper	Supper	Supper	Supper	Supper	
Haystacks Fresh Pinto Beans Tortilla & Corn Chips Lettuce/onion/olives Cheese/sour cream Salsa/tomatoes Jalapenos/guacamole Bread & spreads Brownies Apples/Oranges	Veggie Burgers with fixings Chips Baked Beans Macaroni Salad Tomato/Cucumber Salad Bread & Spreads Root Beer Floats Apples/Oranges RODEO	Enchiladas Rice Beans Dinner Rolls Salad Taco Salad Coleslaw Bread & Spreads Frozen Fruit Salad Apples/Oranges	Hot Dogs Corn on the Cob Nachos Potato Salad Macaroni Salad Watermelon Popcorn Cotton Candy Snow Cones Apples/Oranges COUNTRY FAIR	Homemade Assorted Cheese, Veggie & Vegan Pizzas Breadsticks & Dip Salad Bar Bread & Spreads Soft Serve Ice Cream Cones Apples/Oranges	Green Vegetable Tofu Curry Yellow Vege- Chicken Curry Rice Salad Bar Asian Slaw Bread & Spreads Gummy Dirt Pudding Apples/Oranges	Pita Bar w/ assorted fillings Fruit Salad Pasta Salad Bread & Spreads Blonde Brownies w/Ice Cream Watermelon Apples/Oranges	