

2012
Camp Sequassen
Menu - DRAFT
Week: 1-3-5-7

	Breakfast 8:00 AM	Lunch 12:30 PM	Dinner 6:00 PM
Sunday			Sliced Roast beef w/ gravy Oven roasted potatoes Green beans Tossed salad w/ dressing Bread & butter Fresh Fruit Ice Cream Milk/Beverage
Monday	Fruit Juice French toast w/ syrup Breakfast Sausage Links Cold Cereal Milk/Hot chocolate Fresh fruit	Meatball Subs Salad w/ dressing Potato Chips Jell-O with Whipped Cream Milk/Beverage	Roast Turkey w/ gravy Stuffing Mashed Potatoes Mixed Vegetables Bread & butter Italian Ice Milk/Beverage
Tuesday	Fruit Juice Scrambled eggs Sliced Ham Bagels w/ cream cheese Home fried potatoes Milk/Hot chocolate Fresh fruit	Soft Shell Taco Lettuce & Tomato Salsa & Cheese Tossed Salad Nachos & Cheese Sauce Popsicles Milk/Beverage	Chicken Tenders w/ Dipping sauce Buttered Carrots or Broccoli Salad w/ dressing Bread & butter Cake Milk/Beverage
Wednesday	Fruit Juice Pancakes w/ syrup Sausage Patty Cold Cereal Butter Milk/Hot chocolate Fresh fruit	Chicken Sandwich Hamburger rolls Lettuce & Tomato Condiments Fresh fruit Pasta Salad Brownies Milk/Beverage	Roast Loin of Pork w/ gravy Apple Sauce Medley of Vegetables Buttered Noodles Bread & butter Ginger Bread/ Topping Milk/Beverage
Thursday	Fruit Juice Ham & Cheese Omelets Home Fries Croissants Milk/Hot chocolate Fresh fruit	Grilled Cheese Tossed Salad Macaroni Salad Popsicles Milk/Beverage	Pasta & Meatballs Tossed salad w/dressing Bread & butter Ice Cream Milk/Beverage
Friday	Fruit Juice Sausage Links Waffles w/ syrup Fruit Mix w/ whipped cream Milk/Hot chocolate Fresh fruit	Cheese Pizza Antipasto salad Fresh fruit Cookies Milk/Beverage	Beef Stew Noodles Tossed salad w/dressing Bread & butter Sliced Watermelon Beverage
Saturday 9:30 – 10:30 AM	Fruit Juice Sweet Breads Scrambled eggs Ham Penne Pasta with Chicken, Broccoli, Pesto Home fried potatoes Milk/Hot chocolate/Beverage Fresh fruit medley		

Veggie Substitutes

1. Veggie nuggets vs. chicken tenders
2. Veggie burritos vs. turkey
3. Veggie burgers vs. pork
4. Veggie hotdogs
5. Veggie chili & rice

2012
Camp Sequassen
Menu - DRAFT
Week: 2-4-6

	Breakfast 8:00 AM	Lunch 12:30 PM	Dinner 6:00 PM
Sunday			Sliced Roast beef w/ gravy Oven roasted potatoes Green peas Tossed Salad w/ dressing Bread & butter Ice Cream Milk/Beverage
Monday	Fruit Juice Pancakes w/ syrup Sausage Links Cold Cereal Butter Milk/Hot chocolate Fresh fruit	Macaroni & Cheese Tossed Salad Corn Chips Jello w/ topping Milk/Beverage	Pasta & Meatballs Tossed salad w/ dressing Bread & butter Italian ice Milk/Beverage
Tuesday	Fruit Juice Scrambled eggs Sliced ham Bagels w/ cream cheese Home fried potatoes Milk/Hot chocolate Fresh fruit	Hamburgers w/ rolls Sliced cheese Lettuce & Tomato French Fries Popsicles Milk/Beverage	Roast Loin of Pork w/ gravy Apple Sauce Medley of Vegetables Buttered Noodles Bread & butter Gingerbread Milk/Beverage
Wednesday	Fruit Juice French toast w/ syrup Sausage patties Cold Cereal Milk/Hot chocolate Fresh fruit	Meatball Subs Salad with dressing Pasta Salad Brownies Milk/Beverage	Mexican Wrap Beef or chicken Shredded lettuce & cheese Diced tomato & olives Salsa, sour cream Corn chips Ice Cream Milk/Beverage
Thursday	Fruit Juice Ham & Cheese Omelets Home Fries Croissants Milk/Hot chocolate Fresh fruit	Hot dogs on rolls Potato Chips Baked beans Condiments Fresh fruit Pudding w/ whipped cream Milk/Beverage	Roast Turkey w/ gravy Stuffing Mashed potatoes Green beans Bread & butter Whoopee Pies Milk/Beverage
Friday	Fruit Juice Sausage links Waffles w/ syrup Fruit Mix w/ whipped cream Milk/Hot chocolate Fresh fruit	Cheese Pizza Antipasto salad Fresh fruit Cookies Milk/Beverage	Beef Stew Noodles Tossed salad w/dressing Bread & butter Sliced Watermelon Beverage
Saturday 9:30 – 10:30 AM	Fruit Juice Sweet Breads Scrambled eggs Ham Rice Pilaf Chicken Cacciatore Home Fried Potatoes Milk/Hot Chocolate/Beverage Fresh fruit medley		

Veggie Substitutes

1. Veggie nuggets vs. chicken tenders
2. Veggie burritos vs. turkey
3. Veggie burgers vs. pork
4. Veggie hotdogs
5. Veggie chili & rice