2017 Camp Sequassen Menu

Week: 2-4-6

		. Z-4-0	
	Breakfast 8:00 AM	Lunch 12:30 PM	Dinner 6:00 PM
Sunday		Sliced Cold cut meats &	Sliced Roast beef w/ gravy
		S cheese	Oven roasted potatoes
		T Sliced Bread	Green beans
		A Cold Chicken	Tossed salad w/ dressing
		F Lettuce & Tomato	Bread & butter
		F Condiments	Fresh Fruit
		Pasta Salad	Ice Cream
		Milk/Beverage	Milk/Beverage
Monday	Fruit Juice	Chicken Sandwich	Pasta & Meatballs
Worlday	French toast w/ syrup	Hamburger rolls	Tossed salad w/dressing
	Breakfast Sausage Links	Lettuce & Tomato	Bread & butter
	Cold Cereal	Condiments	Ice Cream
	Milk/Hot chocolate	Fresh fruit	Milk/Beverage
	Fresh fruit	Pasta Salad	Williv Deverage
	Fiesirifuit		
		Brownies	
T	E. Y. C.	Milk/Beverage	Description /
Tuesday	Fruit Juice	Soft Shell Taco/Pita	Roast Turkey w/ gravy
	Western Omelette	Lettuce & Tomato	Stuffing
	Bagels w/ cream cheese	Salsa & Cheese	Mashed Potatoes
	Home fried potatoes	Tossed Salad	Mixed Vegetables
	Milk/Hot chocolate	Nachos & Cheese Sauce	Bread & butter
	Fresh fruit	Popsicles	Italian Ice
		Milk/Beverage	Milk/Beverage
Wednesday	Fruit Juice	Meatball Subs	Mexican Wrap
	Belgian Waffles	Salad w/ dressing	Beef or chicken
	Sausages	Potato Chips	Shredded lettuce & cheese
	Cold Cereal	Jell-O with Whipped Cream	Diced tomato & olives
	Milk/Hot chocolate	Milk/Beverage	Salsa, sour cream
	Fresh fruit		Corn chips
	1 10011 11 0111		Cake
			Milk/Beverage
Thursday	Fruit Juice	Chicken Nuggets	Roast Loin of Pork w/
Thursday	Ham & Cheese Omelettes	Macaroni & Cheese	gravy
	Home Fries	Tossed Salad	Apple Sauce
	Croissants Milk/Hot chocolate	Corn Chips	Medley of Vegetables Buttered Noodles
	1	Jello w/ topping	
	Fresh fruit	Milk/Beverage	Bread & butter
			Ginger Bread/ Topping
Fall	Final Live	Ohaaa D'	Milk/Beverage
Friday	Fruit Juice	Cheese Pizza	Lemon Chicken
	Pancakes w/ syrup	Antipasto salad	Rice
	Sausage Patty	Fresh fruit	Tossed salad w/dressing
	Cold Cereal	Cookies	Apple Tart
	Butter	Milk/Beverage	Milk/Beverage
	Milk/Hot chocolate		
	Fresh fruit		
Saturday	Fruit Juice		
	Sweet Breads		
9:30 – 10:30 AM	Scrambled eggs		
	Ha		
	Penne Pasta with Ch		
	Home frie		
	Milk/Hot choco		
	Fresh fruit medley		
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- 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

2017 Camp Sequassen Menu

Week: 1-3-5-7

	WGGN.	1-0-0-1	
	Breakfast 8:00 AM	Lunch 12:30 PM	Dinner 6:00 PM
Sunday		Sliced cold cuts & cheese	Sliced Roast beef w/ gravy
		Sliced bread	Oven roasted potatoes
		T Lettuce & Tomato	Green peas
		A Condiments	Tossed Salad w/ dressing
		F Pasta Salad	Bread & butter
		Milk/Beverage	Ice Cream
			Milk/Beverage
Monday	Fruit Juice	Chicken Nuggets	Pasta & Meatballs
	Pancakes w/ syrup	Macaroni & Cheese	Tossed salad w/ dressing
	Sausage Links	Tossed Salad	Bread & butter
	Cold Cereal	Corn Chips	Italian ice
	Butter	Jello w/ topping	Milk/Beverage
	Milk/Hot chocolate	Milk/Beverage	
	Fresh fruit		
Tuesday	Fruit Juice	Hamburgers w/ rolls	Roast Loin of Pork w/
	Western Omelette	Sliced cheese	gravy
	Bagels w/ cream cheese	Lettuce & Tomato	Apple Sauce
	Home fried potatoes	French Fries	Medley of Vegetables
	Milk/Hot chocolate	Popsicles	Buttered Noodles
	Fresh fruit	Milk/Beverage	Bread & butter
			Gingerbread
\Madaaaday	Fmit his	Manthall Cuba	Milk/Beverage
Wednesday	Fruit Juice	Meatball Subs	Mexican Wrap
	Belgian Waffles	Salad with dressing	Beef or chicken
	Sausages Cold Cereal	Pasta Salad	Shredded lettuce & cheese
		Brownies	Diced tomato & olives
	Milk/Hot chocolate Fresh fruit	Milk/Beverage	Salsa, sour cream
	Fiesh iluit		Corn chips Ice Cream
			Milk/Beverage
Thursday	Fruit Juice	Hot dogs on rolls	Roast Turkey w/ gravy
Thursday	Ham & Cheese Omelette	Potato Chips	Stuffing
	Home Fries	Baked beans	Mashed potatoes
	Croissants	Condiments	Green beans
	Milk/Hot chocolate	Fresh fruit	Bread & butter
	Fresh fruit	Pudding w/ whipped cream	Whoopee Pies
		Milk/Beverage	Milk/Beverage
Friday	Fruit Juice	Cheese Pizza	Lemon Chicken
	French toast w/ syrup	Antipasto salad	Rice
	Sausage patties	Fresh fruit	Tossed salad w/dressing
	Cold Cereal	Cookies	Apple Tart
	Milk/Hot chocolate	Milk/Beverage	Milk/Beverage
	Fresh fruit		
Saturday	Fruit Juice		
9:30 – 10:30 AM	Sweet Breads		
	Scrambled eggs		
	Ham		
	Rice Pilaf		
	Chicken Cacciatore		
	Home Fried Potatoes		
	Milk/Hot Chocolate/Beverage		
	Fresh fru		

- 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