2018 Camp Sequassen Menu Week: 2-4-6

Breakfast 8:00 AMLunch 12:30 PMDinner 6:00 PMSundaySliced Cold cut meats & S CheeseSliced Roast beef w/ gr Oven roasted potato Green beans A Cold ChickenSliced Roast beef w/ gr Oven roasted potato Green beans T Sliced BreadSliced Roast beef w/ gr Oven roasted potato Green beans Tossed salad w/ dress Bread & butter F Pasta SaladSliced Roast beef w/ gr Oven roasted potato Green beans Bread & butter F Pasta SaladMondayFruit JuiceChicken SandwichPasta & Meatballs					
Monday Fruit Juice S cheese Oven roasted potato S Sliced Bread Green beans A Cold Chicken Tossed salad w/ dress F Lettuce & Tomato Bread & butter F Condiments Fresh Fruit Pasta Salad Ice Cream Milk/Beverage Milk/Beverage					
Monday Fruit Juice Sliced Bread Green beans T Sliced Bread Green beans A Cold Chicken Tossed salad w/ dress F Lettuce & Tomato Bread & butter F Condiments Fresh Fruit Pasta Salad Ice Cream Milk/Beverage Milk/Beverage	oes				
Monday Fruit Juice T Sliced Bread Green beans T Sliced Bread Cold Chicken Tossed salad w/ dress F Lettuce & Tomato Bread & butter F Lettuce & Tomato Bread & butter F Lettuce & Tomato Bread & butter Pasta Salad Ice Cream Milk/Beverage Milk/Beverage					
Monday Fruit Juice Fruit Juice Lettuce & Tomato Bread & butter Fresh Fruit Condiments Fresh Fruit Pasta Salad Ice Cream Milk/Beverage Milk/Beverage					
Monday Fruit Juice Chicken Sandwich Fruit Diead & bitter	sing				
Condiments Fresh Fruit Pasta Salad Ice Cream Milk/Beverage Milk/Beverage Monday Fruit Juice Chicken Sandwich Pasta & Meatballs					
Milk/Beverage Milk/Beverage Monday Fruit Juice Chicken Sandwich Pasta & Meatballs					
Monday Fruit Juice Chicken Sandwich Pasta & Meatballs					
Monday Fruit Juice Chicken Sandwich Pasta & Meatballs					
	s				
French toast w/ syrup Hamburger rolls Tossed salad w/dress	sing				
Breakfast Sausage Links Lettuce & Tomato Bread & butter	Ū				
Cold Cereal Condiments Ice Cream					
Milk/Hot chocolate Fresh fruit Milk/Beverage					
Fresh fruit Pasta Salad					
Brownies					
Milk/Beverage					
Tuesday Fruit Juice Soft Shell Taco/Pita Roast Turkey w/ gra	avv				
Western Omelette Lettuce & Tomato Stuffing					
Bagels w/ cream cheese Salsa & Cheese Mashed Potatoes	2				
Home fried potatoes Tossed Salad Mixed Vegetables					
Milk/Hot chocolate Nachos & Cheese Sauce Bread & butter	5				
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 & cho	0000				
Cold Cereal Jell-O with Whipped Cream Diced tomato & olive					
Milk/Hot chocolate Milk/Beverage Salsa, sour cream Fresh fruit Corn chips	I				
Contraips					
Milk/Beverage Thursday Fruit Juice Chicken Nuggets Roast Loin of Pork					
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5 5					
Home Fries Tossed Salad Apple Sauce					
Croissants Corn Chips Medley of Vegetable					
Milk/Hot chocolate Jello w/ topping Buttered Noodles	b				
Fresh fruit Milk/Beverage Bread & butter					
Ginger Bread/ Toppi	ing				
Milk/Beverage					
Friday Fruit Juice Cheese Pizza Lemon Chicken					
Pancakes w/ syrup Antipasto salad Rice	- i				
Sausage Patty Fresh fruit Tossed salad w/dress	sing				
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					
Penne Pasta with Chicken, Brocooli, Pesto					
Home fried potatoes					
Milk/Hot chocolate/Beverage					
Fresh fruit medley					

Veggie Substitutes1. Veggie nuggets vs. chicken tenders2. Veggie burritos vs. turkey3. Veggie burgers vs. pork4. Veggie hotdogs5. Veggie chili & rice

2018 Camp Sequassen Menu Week: 1-3-5-7

Week: 1-3-5-7					
	Breakfast 8:00 AM	Lunch 12:30 PM	Dinner 6:00 PM		
Sunday		Sliced cold cuts & cheese Sliced bread T Lettuce & Tomato A Condiments F Pasta Salad F Milk/Beverage	Sliced Roast beef w/ gravy Oven roasted potatoes Green peas Tossed Salad w/ dressing Bread & butter Ice Cream		
Monday	Fruit Juice Pancakes w/ syrup Sausage Links Cold Cereal Butter Milk/Hot chocolate Fresh fruit	Chicken Nuggets Macaroni & Cheese Tossed Salad Corn Chips Pudding w/ whipped cream Milk/Beverage	Milk/Beverage Pasta & Meatballs Tossed salad w/ dressing Bread & butter Italian ice Milk/Beverage		
Tuesday	Fruit Juice Western Omelette 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 Belgian Waffles Sausages 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 Omelette Home Fries Croissants Milk/Hot chocolate Fresh fruit	Hot dogs on rolls Potato Chips Baked beans Condiments Fresh fruit Jello w/ topping Milk/Beverage	Roast Turkey w/ gravy Stuffing Mashed potatoes Green beans Bread & butter Whoopee Pies Milk/Beverage		
Friday	Fruit Juice French toast w/ syrup Sausage patties Cold Cereal Milk/Hot chocolate Fresh fruit	Cheese Pizza Antipasto salad Fresh fruit Cookies Milk/Beverage	Lemon Chicken Rice Tossed salad w/dressing Apple Tart Milk/Beverage		
Saturday 9:30 – 10:30 AM Veggie Substitutes	Fruit Juice Sweet Breads Scrambled eggs Ham Rice Pilaf Chicken Cacciatore Home Fried Potatoes Milk/Hot Chocolate/Beverage Fresh fruit medley				

Veggie Substitutes1. Veggie nuggets vs. chicken tenders2. Veggie burritos vs. turkey3. Veggie burgers vs. pork4. Veggie hotdogs5. Veggie chili & rice