2019 Camp Sequassen Menu

Week: 1-3-5-7

	WCCK.	1-3-3-1	
	Breakfast 8:00 AM	Lunch 12:30 PM	Dinner 6:00 PM
Sunday		Sliced cold cuts & cheese	Sliced Roast beef w/ gravy
		S Sliced bread	Oven roasted potatoes
		T Lettuce & Tomato	Green peas
		A Condiments	Tossed Salad w/ dressing
		F Pasta Salad	Bread & butter
		F 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	Pudding w/ whipped cream	Milk/Beverage
	Milk/Hot chocolate	Milk/Beverage	Williabovorage
	Fresh fruit	Willio Beverage	
Tuesday	Fruit Juice	Soft Shell Taco/Pita	Roast Turkey w/ gravy
Tuesday	Western Omelette	Lettuce & Tomato	Stuffing
		Salsa & Cheese	Mashed Potatoes
	Bagels w/ cream cheese Home fried potatoes	Tossed Salad	
	Milk/Hot chocolate	Nachos & Cheese Sauce	Mixed Vegetables Bread & butter
			Italian Ice
	Fresh fruit	Popsicles	
M/s do s a day	Foods Indea	Milk/Beverage	Milk/Beverage
Wednesday	Fruit Juice	Meatball Subs	Mexican Wrap
	Belgian Waffles	Salad with dressing	Beef or chicken
	Sausages	Pasta Salad	Shredded lettuce & cheese
	Cold Cereal	Brownies	Diced tomato & olives
	Milk/Hot chocolate	Milk/Beverage	Salsa, sour cream
	Fresh fruit		Corn chips
			Ice Cream
			Milk/Beverage
Thursday	Fruit Juice	Hot dogs on rolls	Roast Loin of Pork w/
	Ham & Cheese Omelette	Potato Chips	gravy
	Home Fries	Baked beans	Apple Sauce
	Croissants	Condiments	Medley of Vegetables
	Milk/Hot chocolate	Fresh fruit	Buttered Noodles
	Fresh fruit	Jello w/ topping	Bread & butter
		Milk/Beverage	Ginger Bread/ Topping
			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 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

2019 Camp Sequassen Menu

Week: 2-4-6

	VVCCN	. 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
	Pancakes w/ syrup	Hamburger rolls	Tossed salad w/dressing
	Sausage Links	Lettuce & Tomato	Bread & butter
	Cold Cereal	Condiments	Ice Cream
	Butter	Fresh fruit	Milk/Beverage
	Milk/Hot chocolate	Pasta Salad	
	Fresh fruit	Brownies	
		Milk/Beverage	
Tuesday	Fruit Juice	Hamburgers w/ rolls	Roast Turkey w/ gravy
·	Western Omelette	Sliced cheese	Stuffing
	Bagels w/ cream cheese	Lettuce & Tomato	Mashed Potatoes
	Home fried potatoes	French Fries	Mixed Vegetables
	Milk/Hot chocolate	Popsicles	Bread & butter
	Fresh fruit	Milk/Beverage	Italian Ice
			Milk/Beverage
Wednesday	Fruit Juice	Meatball Subs	Mexican Wrap
Ţ	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
			Cake
			Milk/Beverage
Thursday	Fruit Juice	Chicken Nuggets	Roast Loin of Pork w/
-	Ham & Cheese Omelettes	Macaroni & Cheese	gravy
	Home Fries	Tossed Salad	Apple Sauce
	Croissants	Corn Chips	Medley of Vegetables
	Milk/Hot chocolate	Jello w/ topping	Buttered Noodles
	Fresh fruit	Milk/Beverage	Bread & butter
		_	Ginger Bread/ Topping
			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		
	Sweet Breads		
9:30 – 10:30 AM		Scrambled eggs	
	Ham Penne Pasta with Chicken, Brocooli, 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