

2022  
Camp Sequassen  
Menu  
Week: 2-4-6

	Breakfast 8:00 AM	Lunch 12:30 PM	Dinner 6:00 PM
Sunday		Sliced Cold cut meats & cheese S T A F F Sliced Bread Cold Chicken Lettuce & Tomato Condiments Pasta Salad Milk/Beverage	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 Pancakes w/ syrup Breakfast Sausage Links Cold Cereal Milk/Hot chocolate Fresh fruit	Chicken Sandwich Hamburger rolls Lettuce & Tomato Condiments Fresh fruit Pasta Salad Brownies Milk/Beverage	Pasta & Meatballs Tossed salad w/dressing Bread & butter Ice Cream Milk/Beverage
Tuesday	Fruit Juice Western Omelet Bagels w/ cream cheese Home fried potatoes Milk/Hot chocolate Fresh fruit	Hamburger w/Rolls Sliced Cheese Lettuce & Tomato French Fries Tossed Salad Popsicles Milk/Beverage	Roast Turkey w/ Gravy Stuffing Mashed Potatoes Mix Vegetable Bread & Butter Italian Ice Milk/Beverage
Wednesday	Fruit Juice Belgian Waffles Sausages Cold Cereal Milk/Hot chocolate Fresh fruit	Meatball Subs Salad w/ dressing Potato Chips Jell-O with Whipped Cream Milk/Beverage	Mexican Wrap 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	Chicken Nuggets Macaroni & Cheese Tossed Salad Corn Chips Jell-O w/ topping Milk/Beverage	Roast Loin of Pork w/ gravy Apple Sauce Medley of Vegetables Buttered Noodles Bread & butter Gingerbread/ Topping Milk/Beverage
Friday	Fruit Juice French Toast w/ syrup Sausage Patty Cold Cereal Butter Milk/Hot chocolate Fresh fruit	Cheese Pizza Antipasto salad Fresh fruit Cookies Milk/Beverage	Lemon Chicken Rice Medley of Vegetables Tossed salad w/dressing Apple Tart Milk/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		

Menu subject to change due to availability

2022  
Camp Sequassen  
Menu

Week: 1-3-5-7

	Breakfast 8:00 AM	Lunch 12:30 PM	Dinner 6:00 PM
Sunday		Sliced cold cuts & cheese Sliced bread Lettuce & Tomato Condiments Pasta Salad Milk/Beverage	Sliced Roast beef w/ gravy Oven roasted potatoes Green Beans 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	Chicken Nuggets Macaroni & Cheese Tossed Salad Corn Chips Jell-O 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	Taco Tuesday Soft Shell Lettuce & Tomato Salsa / Cheese Nachos & Cheese Sauce Popsicles Milk & Beverage	Roast Loin of Pork w/ gravy Apple Sauce Medley of Vegetables Buttered Noodles Bread & butter Gingerbread/ Topping 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 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 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 Medley of Vegetables Tossed salad w/dressing Apple Tart Milk/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		

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