2022 Camp Sequassen Menu Week: 2-4-6

Fruit Juice ancakes w/ syrup kfast Sausage Links Cold Cereal lilk/Hot chocolate Fresh fruit Fruit Juice Western Omelet els w/ cream cheese ome fried potatoes lilk/Hot chocolate Fresh fruit	Lunch 12:30 PM Sliced Cold cut meats & cheese T Sliced Bread A Cold Chicken F Lettuce & Tomato F Condiments Pasta Salad Milk/Beverage Chicken Sandwich Hamburger rolls Lettuce & Tomato Condiments Fresh fruit Pasta Salad Brownies Milk/Beverage Hamburger w/Rolls Sliced Cheese Lettuce & Tomato French Fries Tossed Salad Browsiels	Dinner 6:00 PM Sliced Roast beef w/ gravy Oven roasted potatoes Green beans Tossed salad w/ dressing Bread & butter Fresh Fruit Ice Cream Milk/Beverage Pasta & Meatballs Tossed salad w/dressing Bread & butter Ice Cream Milk/Beverage Roast Turkey w/ Gravy Stuffing Mashed Potatoes Mix Vegetable
ancakes w/ syrup kfast Sausage Links Cold Cereal lilk/Hot chocolate Fresh fruit Fruit Juice Western Omelet els w/ cream cheese ome fried potatoes lilk/Hot chocolate Fresh fruit	S Cheese T Sliced Bread A Cold Chicken F Lettuce & Tomato F Condiments Pasta Salad Milk/Beverage Chicken Sandwich Hamburger rolls Lettuce & Tomato Condiments Fresh fruit Pasta Salad Brownies Milk/Beverage Hamburger w/Rolls Sliced Cheese Lettuce & Tomato French Fries Tossed Salad	Oven roasted potatoes Green beans Tossed salad w/ dressing Bread & butter Fresh Fruit Ice Cream Milk/Beverage Pasta & Meatballs Tossed salad w/dressing Bread & butter Ice Cream Milk/Beverage Roast Turkey w/ Gravy Stuffing Mashed Potatoes
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Western Omelet els w/ cream cheese ome fried potatoes lilk/Hot chocolate Fresh fruit	Sliced Cheese Lettuce & Tomato French Fries Tossed Salad	Stuffing Mashed Potatoes
	Popsicles Milk/Beverage	Bread & Butter Italian Ice Milk/Beverage
Fruit Juice Belgian Waffles Sausages Cold Cereal lilk/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
Fruit Juice & Cheese Omelets Home Fries Croissants lilk/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
Sausage Patty Cold Cereal Butter	Cheese Pizza Antipasto salad Fresh fruit Cookies Milk/Beverage	Lemon Chicken Rice Medley of Vegetables Tossed salad w/dressing Apple Tart Milk/Beverage
Fruit Juice		
Sweet Breads Scrambled eggs Ham Penne Pasta with Chicken, Broccoli, Pesto Home fried potatoes Milk/Hot chocolate/Beverage		
	Fruit Juice nch Toast w/ syrup Sausage Patty Cold Cereal Butter lilk/Hot chocolate Fresh fruit Sweet Scramb H	Fruit Juice Cheese Pizza nch Toast w/ syrup Antipasto salad Sausage Patty Fresh fruit Cold Cereal Cookies Butter Milk/Beverage lilk/Hot chocolate Fruit Juice Fresh fruit Fruit Juice Sweet Breads Scrambled eggs Ham Penne Pasta with Chicken, Broccoli, Pesto

Menu subject to change due to availability

2022 Camp Sequassen Menu Week: 1-3-5-7

Г	Week:	1-3-5-7	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 Beans		
		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		
Monady	Pancakes w/ syrup	Macaroni & Cheese	Tossed salad w/ dressing		
	Sausage Links	Tossed Salad	Bread & butter		
	Cold Cereal	Corn Chips	Italian ice		
	Butter	Jell-O w/ topping	Milk/Beverage		
	Milk/Hot chocolate	Milk/Beverage			
	Fresh fruit				
Tuesday	Fruit Juice	Taco Tuesday	Roast Loin of Pork w/		
	Scrambled eggs	Soft Shell	gravy		
	Sliced ham	Lettuce & Tomato	Apple Sauce		
	Bagels w/ cream cheese	Salsa / Cheese	Medley of Vegetables		
	Home fried potatoes	Nachos & Cheese Sauce	Buttered Noodles		
	Milk/Hot chocolate	Popsicles	Bread & butter		
	Fresh fruit	Milk & Beverage	Gingerbread/ Topping		
			Milk/Beverage		
Wednesday	Fruit Juice	Meatball Subs	Mexican Wrap		
	Belgian Waffles	Salad with dressing	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 Turkey w/ gravy		
,	Ham & Cheese Omelets	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	Medley of Vegetables		
	Cold Cereal	Cookies	Tossed salad w/dressing		
	Milk/Hot chocolate	Milk/Beverage	Apple Tart		
	Fresh fruit		Milk/Beverage		
Saturday		Juice			
9:30 – 10:30 AM					
	Sweet Breads Scrambled eggs				
	Ha				
		icken, Broccoli, Pesto			
	Home Frie				
	Milk/Hot Chocolate/Beverage				
	Fresh fruit medley				
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