

2023 CAMP SEQUASSEN MENU

Weeks: 1, 3, 5, 7

	Breakfast 8:00AM	Lunch 12:30PM	Dinner 6:00PM
Sunday		Sliced Cold Cuts & Cheese S Sliced Bread T A Lettuce & Tomato F F Condiments F 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 Italian Mix Vegetables Buttered Noodles Bread & Butter Gingerbread w/ 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 Mix Vegetables Bread & Butter Cake 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 Bread & Butter Milk/Beverage
Saturday 9:30-10:30AM	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.

2023 CAMP SEQUASSEN MENU

Weeks: 2, 4, 6

	Breakfast 8:00AM	Lunch 12:30PM	Dinner 6:00PM
Sunday		Sliced Cold Cuts & Cheese S Sliced Bread S T Cold Chicken T A Lettuce & Tomato A F Condiments F F Pasta Salad F 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 Italian Ice Milk/Beverage
Tuesday	Fruit Juice Scrambled Eggs Sliced Ham 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 Loin of Pork w/ Gravy Apple Sauce Italian Mix Vegetables Buttered Noodles Bread & Butter Gingerbread w/ Topping Milk/Beverage
Wednesday	Fruit Juice Belgian Waffles Sausages Cold Cereal Milk/Hot Chocolate Fresh Fruit	Meatball Subs Salad with Dressing Pasta Salad Jell-O w/ 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 Pudding w/ Whipped Cream Milk/beverage	Roast Turkey w/ Gravy Stuffing Mashed Potatoes Mix Vegetables Bread & Butter Cake Milk/Beverage
Friday	Fruit Juice French Toast w/ Syrup Sausage Patties 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 Bread & Butter Milk/Beverage
Saturday 9:30-10:30AM	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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