2023 CAMP SEQUASSEN MENU

Weeks: 1, 3, 5, 7

	Breakfast 8:00AM	Lunch 12:30PM	Dinner 6:00PM
Sunday		Sliced Cold Cuts & Cheese	Sliced Roast Beef w/ Gravy
Sanday		s Sliced Bread s	Oven Roasted Potatoes
		T Lettuce & Tomato T	Green Beans
		A Condiments A	Tossed Salad w/ Dressing
		F Pasta Salad F	Bread & Butter
		F Milk/Beverage F	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	Jell-O w/ Topping	Milk/Beverage
	Milk/Hot Chocolate	Milk/beverage	
	Fresh Fruit		
Tuesday	Fruit Juice	Taco Tuesday	Roast Loin of Pork w/ Gravy
,	Scrambled Eggs	Soft Shell	Apple Sauce
	Sliced Ham	Lettuce & Tomato	Italian Mix Vegetables
	Bagels w/ Cream Cheese	Salsa/Cheese	Buttered Noodles
	Home Fried Potatoes	Nachos & Cheese Sauce	Bread & Butter
	Milk/Hot Chocolate	Popsicles	Gingerbread w/ Topping
	Fresh Fruit	Milk & Beverage	Milk/Beverage
Wednesday	Fruit Juice	Meatball Subs	Mexican Wrap
· · · cancedady	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	Mix Vegetables
	Milk/Hot Chocolate	Fresh Fruit	Bread & Butter
	Fresh Fruit	Pudding w/ Whipped Cream	Cake
		Milk/Beverage	Milk/Beverage
Friday	Fruit Juice	Cheese Pizza	Lemon Chicken
rriday	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		Bread & Butter
			Milk/Beverage
Saturday	Fruit Juice		
•	Sweet Breads		
9:30-10:30AM	Scrambled Eggs		
	Ham		
	Penne Pasta with Chicken, Broccoli, Pesto		
	Home Fried Potatoes		
	Milk/Hot Chocolate/Beverage		
	1	uit 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	Sliced Roast Beef w/ Gravy		
Suriday		CI: LD L	Oven Roasted Potatoes		
		Galal Chilatana	Green Beans		
		l attende 0 Tamata	Tossed Salad w/ Dressing		
		F Condiments F	Bread & Butter		
		F Pasta Salad F	Fresh Fruit		
		Milk/Beverage	Ice Cream		
			Milk/Beverage		
Monday	Fruit Juice	Chicken Sandwich	Pasta & Meatballs		
Ivioliday	Pancakes w/ Syrup	Hamburger Rolls	Tossed Salad w/ Dressing		
	Breakfast Sausage Links	Lettuce & Tomato	Bread & butter		
	Cold Cereal	Condiments	Italian Ice		
	Milk/Hot Chocolate	Fresh Fruit	Milk/Beverage		
	Fresh Fruit	Pasta Salad			
		Brownies			
		Milk/Beverage			
Tuesday	Fruit Juice	Hamburger w/ Rolls	Roast Loin of Pork w/ Gravy		
, acsaay	Scrambled Eggs	Sliced Cheese	Apple Sauce		
	Sliced Ham	Lettuce & Tomato	Italian Mix Vegetables		
	Bagels w/ Cream Cheese	French Fries	Buttered Noodles		
	Home Fried Potatoes	Tossed Salad	Bread & Butter		
	Milk/Hot Chocolate	Popsicles	Gingerbread w/ Topping		
	Fresh Fruit	Milk/Beverage	Milk/Beverage		
Wednesday	Fruit Juice	Meatball Subs	Mexican Wrap		
, , , , , , , , , , , , , , , , , , , ,	Belgian Waffles	Salad with Dressing	Chicken		
	Sausages	Pasta Salad	Shredded Lettuce & Cheese		
	Cold Cereal	Jell-O w/ Whipped Cream	Diced Tomato & Olives		
	Milk/Hot Chocolate	Milk/Beverage	Salsa, Sour Cream		
	Fresh Fruit		Corn Chips		
			Ice Cream		
			Milk/Beverage		
Thursday	Fruit Juice	Chicken Nuggets	Roast Turkey w/ Gravy		
,	Ham & Cheese Omelets	Macaroni & Cheese	Stuffing		
	Home Fries	Tossed Salad	Mashed Potatoes		
	Croissants	Corn Chips	Mix Vegetables		
	Milk/Hot Chocolate	Pudding w/ Whipped Cream	Bread & Butter		
	Fresh Fruit	Milk/beverage	Cake		
	<u> </u>	CI S:	Milk/Beverage		
Friday	Fruit Juice	Cheese Pizza	Lemon Chicken		
	French Toast w/ Syrup	Antipasto Salad	Rice		
	Sausage Patties	Fresh Fruit Cookies	Medley of Vegetables		
	Cold Cereal Butter		Tossed Salad w/ Dressing		
	Milk/Hot Chocolate	Milk/Beverage	Apple Tart Bread & Butter		
	Fresh Fruit		Milk/Beverage		
Cata		luice	MILK/Develage		
Saturday	Fruit Juice Sweet Breads				
9:30-10:30AM	Scrambled Eggs Ham Penne Pasta with Chicken, Broccoli, Pesto				
	Home Fried Potatoes				
	Milk/Hot Chocolate/Beverage				
Fresh Fruit Medley					
Many subject to change due to availability					

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