

Camp Encounter Sample Menu Plan*

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast		Assorted Cold Cereal Boiled Eggs French Toast Bacon or Sauasage Seasonal Fruit Yogurt Milk, Fruit Juice	Assorted Cold Cereal Boiled Eggs Toast Scrambled Eggs Bacon or Sauasage Seasonal Fruit Yogurt Milk, Fruit Juice	Assorted Cold Cereal Boiled Eggs Pancakes Bacon or Sauasage Seasonal Fruit Yogurt Milk, Fruit Juice	Bannock Bread Apples or Oranges Seasonal Fruit Yogurt Milk, Fruit Juice	Assorted Cold Cereal Boiled Eggs Bagels w/ Cr. Cheese Bacon or Sauasage Seasonal Fruit Yogurt Milk, Fruit Juice
Lunch		Soup Gr. Cheese Sandwich Sliced Vegetables Seasonal Fruit Juice (Crystals)	Soup Tuna Melt Sandwich Sliced Vegetables Seasonal Fruit Juice (Crystals)	Soup Hot Dogs and Fries Salad Seasonal Fruit Juice (Crystals)	Soup Mac & Cheese Salad Seasonal Fruit Juice (Crystals)	Hamburgers Salad Seasonal Fruit Juice (Crystals)
Supper	Spaghetti Garlic Bread Ceasar Salad Seasonal Fruit Dessert** Juice (Crystals)	Roast (Chicken or Beef) Mashed Potatoes Salad Seasonal Fruit Dessert** Juice (Crystals)	Pork Chops Roasted Veggies Rice Salad Seasonal Fruit Dessert** Juice (Crystals)	Out Trip Chilli Seasonal Fruit S'mores Juice (Crystals)	Stir Fry Rice Spring Rolls Seasonal Fruit Dessert** Juice (Crystals)	

Vegetarian and Celiac options are available***

*This is only a sample menu. Menu may vary from week to week depending on availability.

**Dessert may include cake, ice cream, cookies, brownies, or freezies

***If your child has food allergies or other dietary restrictions, we recommend that you send extra suitable food with them.