

Summer Camp Menu 2023 – Main Menu				
Day	Breakfast	Lunch	Dinner	Social
Sunday	No Meal Service	<b>Staff Lunch</b> To Be Determined Each Week	Oven Roasted Ham Steak 4oz Mashed Potatoes 3oz w/gravy 2oz Brown Sugar Glazed Carrots 3oz Cake	
Monday	Scrambled Eggs 3oz w/onion & cheese Sausage Patty (1) 1.5 oz Hash Brown patty (1) 2oz	Hamburger 4oz on WG bun (1) Shred lettuce/sliced tomato/cheese Baked Beans 3oz Fresh baked cookie (1)	Taco Salad w/season taco meat Corn tortilla chips, ranchero beans Lettuce, tomato, cheese & Salsa Soft Pretzel Bites (4)	Veterans & Eagle Social
Tuesday	Belgian Waffle (1) Syrup or fruit topping 1oz Sausage Link (2) 1oz	Corn Dog Nuggets (6) Seasoned Corn 3oz Carrot sticks (4) w/ranch dipping cup Frozen fruit or applesauce cup (1)	Salisbury steak 4oz w/gravy 2oz Oven Roasted Potato Medley 3oz Seasoned Green Beans 3oz Pudding (chocolate or vanilla)	Scouts BSA Leaders Dinner (6pm Bowman) Grilled Beef Strip steak 6oz Oven Roasted Potato Medley 3oz, Seasoned Green Beans 3oz tossed salad, Assorted cakes
Wednesday	Egg & Chorizo Empanada (1) Spiced apples 4oz	Italian meatball (3) w/sauce on roll(1) Potato Chips (1) Fresh baked cookie (1)	General Tso Stir Fry with Seasoned chicken strips 4oz Broccoli 4oz, Fried Rice 4oz Frozen fruit or applesauce cup (1)	
Thursday	WG French Toast (2) 1.4oz Syrup or fruit topping 1oz Sausage Link(2) 1oz	Hot Dog (1) on WG bun (1) Chili & cheese sauce Seasoned Potato bites (4oz) Carrot sticks (4) w/ranch dipping cup Frozen fruit or applesauce cup (1)	Penne pasta 1oz. w/meat sauce 3oz Seasoned Mixed Vegetables 3oz Garlic bread (1) Ice Cream Cup (1) (choc, van, straw)	OA Fellowship
Friday	Scrambled Eggs 3oz w/ onion & cheese Biscuit (1) w/sausage gravy 2oz	Breaded chicken tenders (2-3) w/asst. dipping sauce Seasoned Green Beans 3oz Fresh baked cookie (1)	Pulled pork BBQ 4oz on WG bun (1) Coleslaw 3oz, BBQ Beans 3oz	Watermelon Snow Cone
Saturday	<b>Breakfast to go pack</b> on request. Granola Bar Apple Sauce or Fruit Cup Juice cup 4oz	No Meal Service	No Meal Service	
Beverages	Coffee, Iced Tea Water, Milk, Drink Mix	Coffee, Iced Tea Water, Drink Mix	Coffee, Iced Tea Water, Drink Mix	Coffee, Iced Tea Water, Drink Mix
Food Bars	Assorted Dry Cereal Oatmeal & Grits WG bread, English Muffin, bagel Jelly packets, margarine, peanut butter Yogurt Bar – asst. yogurt, toppings Assorted Fresh Fruit Bar	Salad Bar w/ Lettuce mix, tomato, cucumber, mushroom, chickpea, olive, cheese, croutons, assorted dressing Soup & Chili Bar (asst. soups/chili) Peanut Butter & Jelly, WG Bread Assorted Fresh Fruit Bar	Salad Bar w/ Lettuce mix, tomato, cucumber, carrots, mushroom, chickpea, olive, cheese, croutons, assorted dressing Soup & Chili Bar (asst. soups/chili) Peanut Butter & Jelly, WG Bread Assorted Fresh Fruit Bar	<b>Socials Menu:</b> Bagged Potato Chips and Popcorn Chips & Salsa Granola Bar Vanilla Ice Cream w/topping: Strawberry, pineapple, chocolate, whip crm.

The kitchens at Camp Rock Enon and Camp Sinoquipe use and serve products that may contain peanuts, tree nuts, wheat (gluten), egg, milk, soy, sesame, fish, crustaceans, and shellfish products.

**Report Food Allergies or Special dietary needs to the kitchen staff in advance by completing the form at [www.sac-bsa.org/foodservice](http://www.sac-bsa.org/foodservice) .**

Some Gluten free, Pork free and vegetarian substitutions are available upon request in at least 2-weeks in ADVANCE.

**Please Note: Additional fee may apply for Special Dietary requests.**

Menu is subject to change without prior notice. WG = Whole Grain. RED items a Gluten Free option is available. GREEN items a vegetarian alternate is available.

## Summer Camp Menu 2023 – Vegetarian Menu

Day	Breakfast	Lunch	Dinner	Social
Sunday	No Meal Service	<b>Staff Lunch</b> To Be Determined Each Week	Malibu patty Mashed Potatoes 3oz Brown Sugar Glazed Carrots 3oz Cake	
Monday	Vegan Scramble 3oz Plant based sausage Patty (1) 1.5 oz Hash Brown patty (1) 2oz	Plant based patty on WG bun (1) Shred lettuce/sliced tomato/cheese Baked Beans 3oz Fresh baked cookie (1)	Taco Salad black bean patty Corn tortilla chips, ranchero beans Lettuce, tomato, cheese & Salsa Soft Pretzel Bites (4)	<b>Veterans &amp; Eagle Social</b>
Tuesday	Belgian Waffle (1) Syrup or fruit topping 1oz Plant based sausage Link (2) 1oz	Plant based frankfurter (1) Seasoned Corn 3oz Carrot sticks (4) w/ranch dipping cup Frozen fruit or applesauce cup (1)	Garden vegetable patty Oven Roasted Potato Medley 3oz Seasoned Green Beans 3oz Pudding (chocolate or vanilla)	<b>Scouts BSA Leaders Dinner (6pm Bowman)</b> Grilled Garden Vegetable patty Oven Roasted Potato Medley 3oz, Seasoned Green Beans 3oz tossed salad, Assorted cakes
Wednesday	Vegan Scramble 3oz Spiced apples 4oz	Italian plant based meatball (3) w/sauce on roll(1) Potato Chips (1) Fresh baked cookie (1)	General Tso Stir Fry with Plant based vegetable strips Broccoli 4oz, Fried Rice 4oz Frozen fruit or applesauce cup (1)	
Thursday	WG French Toast (2) 1.4oz Syrup or fruit topping 1oz Plant based sausage Link(2) 1oz	Plant based frankfurter on WG bun (1) Chili & cheese sauce Seasoned Potato bites (4oz) Carrot sticks (4) w/ranch dipping cup Frozen fruit or applesauce cup (1)	Penne pasta 1oz. w/no meat sauce 3oz Seasoned Mixed Vegetables 3oz Garlic bread (1) Ice Cream Cup (1) (choc, van, straw)	<b>OA Fellowship</b>
Friday	Vegan Scramble 3oz Biscuit (1) w/ peppered gravy 2oz	Plant based breaded tenders (2-3) w/asst. dipping sauce Seasoned Green Beans 3oz Fresh baked cookie (1)	Plant based patty on WG bun (1) Coleslaw 3oz, BBQ Beans 3oz	Watermelon Snow Cone
Saturday	<b>Breakfast to go pack</b> on request. Granola Bar Apple Sauce or Fruit Cup Juice cup 4oz	No Meal Service	No Meal Service	
Beverages	Coffee, Iced Tea Water, Milk, Drink Mix	Coffee, Iced Tea Water, Drink Mix	Coffee, Iced Tea Water, Drink Mix	Coffee, Iced Tea Water, Drink Mix
Food Bars	Assorted Dry Cereal Oatmeal & Grits WG bread, English Muffin, bagel Jelly packets, margarine, peanut butter Yogurt Bar – asst. yogurt, toppings Assorted Fresh Fruit Bar	Salad Bar w/ Lettuce mix, tomato, cucumber, mushroom, chickpea, olive, cheese, croutons, assorted dressing Soup & Chili Bar (asst. soups/chili) Peanut Butter & Jelly, WG Bread Assorted Fresh Fruit Bar	Salad Bar w/ Lettuce mix, tomato, cucumber, carrots, mushroom, chickpea, olive, cheese, croutons, assorted dressing Soup & Chili Bar (asst. soups/chili) Peanut Butter & Jelly, WG Bread Assorted Fresh Fruit Bar	<b>Socials Menu:</b> Bagged Potato Chips and Popcorn Chips & Salsa Granola Bar Vanilla Ice Cream w/topping: Strawberry, pineapple, chocolate, whip crm.

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