

# Menu with allergy substitutes

CAMP MENU!!!!	Breakfast	Lunch	Dinner
Sunday			Spaghetti, garlic bread, s'mores <b>gf-pasta, no meat sauce, butter sauce</b>
Monday	Biscuits and gravy, sausage <b>gf/no meat- yogurt bar, eggs, gf toast, meatless sausage.</b>	Sandwiches(turkey/pbj), chips, hummus and veggies <b>gf- bread/ tortillas - meatless nuggets or veggie burger</b>	Hamburgers, baked beans, corn on the cob, green beans <b>gf- gf bread no meat- veggie burger</b>
Tuesday	Oatmeal, bacon, eggs, cereal bar <b>gf-cereal no meat- meatless sausage</b>	Grilled cheese and tomato soup, pbj, tater tots. <b>Gf bread</b>	Tacos, ground beef and chicken, toppings, black beans, queso and salsa, <b>gf- corn or gf tortillas, no meat- meatless "steak", or extra vegetables</b>
Wednesday	Cinnamon rolls , pancakes, bacon, hasbrowns <b>gf- gf bread cinnamon toast, or gf muffins</b>	Chicken tenders Baked potato bar, beans, Corn on the cob <b>gf- gf chicken tenders, no meat- meatless nuggets</b>	Gen. Tso Chicken, fried rice, broccoli, sorbet <b>gf- grilled chicken or gf chicken nuggets no meat- tofu/veg stir fry</b>
Thursday	Biscuits and gravy, sausage <b>same as above</b>	Sandwiches(turkey/pbj), chips, hummus and veggies, pasta salad, potato salad, chicken tenders <b>same as above</b>	Alfredo, baked ziti, broccoli, green beans, cookies or s'mores <b>gf pasta, meatless pasta</b>
Friday	Waffles, muffins, cereal bar <b>gf- pancakes or cinnamon toast decided on availability, and gf cereal</b>	Hot dogs, corn dogs, French fries, baked beans, rotating vegetable <b>gluten free chicken tenders, or hot dog with gf bread. No meat- veggie burger or veggie dog. Baked beans and all sides are always vegetarian</b>	
All meals include	Yogurt/granola bar, fresh fruit, apple juice	Salad bar, snack table, fruit, water	Salad bar, dessert, lemonade or juice