Typical Camp Deen Menu

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|  | Breakfast | Lunch | Dinner | Snack |
| Sunday |  |  | Bbq hotdogs  Veggie sticks (carrots, cucumbers, celery)  Chips & water | Pudding & milk |
| Monday | Cereals, bagels, cream cheese, jam, butter, milk  watermelon | Lentils & ground beef in a pita/wrap  (lettuce, tomatoes, shredded carrots, sour cream & salsa) water | Pasta with tomato sauce  Salad  (lettuce, tomatoes, cucumbers & bottled dressings)  water | Popcorn & water |
| Tuesday | Pancakes, syrup, butter, milk  + cut up oranges, apples, pears & watermelon (if any left over) | Chicken burgers  (lettuce, tomato, ketchup)  +  Corn on the cob  water | Lentils & ground beef &left over tomato sauce in a pita/wrap  (lettuce, tomatoes, shredded carrots, sour cream & salsa)  water | Pudding & milk |
| Wednesday | Cereals, bagels, cream cheese, jam, butter, milk, fruit (apples) | Grilled cheese sandwiches w. ketchup & tomato soup+ cut up veggie sticks (carrots & celery) | Roasted chicken, tator tots & ketchup, salad & dressing | Chocolate chip & sugar cookies & milk |
| Thursday | Scrambled eggs & toast w/ kétchup  + fruit slices | Chicken or fish sticks w/ ketchup, tator tots, corn on the cob (or salad) | Pasta w/ tomato sauce, salad w/ dressing  water | Popcorn & water |
| Friday | Pancakes, syrup, butter, milk + cut up fruit | Mac & cheese  Cut up veggies  water | Pizza, salad, water | Chocolate chip & sugar cookies & milk |
| Saturday | Cereals, bagels (or toast-whatever is leftover) jam, butter, cream cheese, milk, fruit (whatever is left) | Bbq hotdogs, buns, ketchup & mustard  Chips  Corn or cup up veggies (whatever is left over)  water |  |  |

Daily Breakfast Station:

-oatmeal, dried fruit, brown sugar, milk, herbal teas, honey, mixed nuts.

Nina’s Kitchen Coffee Station:

-coffee, milk, sugar

-black tea

-Neocitran (some sort of drink for colds)