

# Camp Workcoeman Summer Camp Menu - Cycle 1 - Weeks 1, 3 and 5 2014

	Breakfast	Lunch	Dinner
<b>Sunday</b>		Staff Only	Roast Pork Scalloped Potatoes Carrots, Rolls Applesauce, Yellow Cake
<b>Monday</b>	Cheesy Scrambled eggs Homefries	Hamburgers, Fixings Chips, Pickles, Popsicles	Roast Chicken Rice Pilaf Squash, Rolls Pudding
<b>Tuesday</b>	Pancakes Canadian Bacon	Deli Grinders Fritos, Pasta Salad Peaches	Meatloaf Mashed Potatoes, Green Beans Rolls, Brownies
<b>Wednesday</b>	Breakfast Burritos	Grilled Cheese Sandwich Pretzels Jello	Ham, Mac & Cheese Applesauce, Peas, Cornbread Pineapple
<b>Thursday</b>	Belgian Waffle Stix Sausage links, Berries	Chicken Patty on a Roll Potato Salad Pudding	Rotini, Meat Sauce Broccoli, Garlic Bread Chocolate Cake
<b>Friday</b>	Scrambled Eggs Tator Tots	Beef Taco/ Fixings Nacho Chips, Salsa Sorbet Cups	Roast Beef Parslied Potatoes Peas, Parisian Bread Ice /Cream Bar
<b>Saturday</b>	French Toast Stix Bacon	BBQ Chicken Baked Beans, Corn Ziti, Salad, Rolls Watermelon, Cookies	

**Morning Items:**

Hot & Cold Cereal  
Yogurt, Fresh Fruit  
Breakfast Juice  
Milk, Coffee, Tea

**Lunch & Dinner Items:**

Salad Bar/Dressings  
PB&J Sandwich  
Fresh Fruit, Bug Juice  
Milk at Dinner Only

**Attention: Allergy Alert**

If you have a food allergy  
or special need, please contact  
the Health Officer and Food  
Service Director for information  
and arrangements.

This menu is subject to change without notice with comparable substitutions when necessary