

## What's the food like?

Campers and staff eat meals in what we call "camp style." This means one representative from each table will go up to the kitchen window and grab the bowls and platters of food for the table.

We eat as a cabin group or day camp group. This is a great chance for counselors to touch base with their kids throughout the day! Each cabin is assigned a table in the dining hall and each day camp group is assigned a picnic table outside!

Our two week cycle menu is balanced and designed to appeal to most appetites.

In the morning we supplement the meal with a breakfast bar that usually has things like fresh fruit, granola, yogurt, and cereal. Lunch and Dinner are supplemented with a salad bar.

Our Food Service Staff are able to accommodate vegetarian, vegan, gluten free, and dairy free substitution in our meals. We do not prepare any meals with peanuts or tree-nuts.



# SAMPLE MENU

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	*All menu items are subject to change due to availability*	Pancakes w/ Mixed Berries Sausage Homefries	Scrambled Eggs Bacon Mini Bagels	French Toast Sticks Homefries	Sausage, Egg, and Cheese Breakfast Sandwiches	French Toast Kielbasa	Ham, Egg, and Cheese Breakfast Burritos Hashbrowns
		Breakfast Bar Biscuits	Breakfast Bar Bialys	Breakfast Bar Blueberry Muffins	Breakfast Bar	Breakfast Bar Bagels	Breakfast Bar Scones
Lunch		Salad Bar Chicken Tenders Mac & Cheese Carrot Sticks	Salad Bar All Beef Hot Dogs Baked Beans Baked Chips Cole Slaw	Salad Bar Pitas Chicken Gyros Tzatziki Tater Tots Cucumber Tomato Salad	Salad Bar Meatball Grinders w/ Provolone Cheese Baked Chips Orange Wedges	Salad Bar Cheese & Pepperoni Pizza Caesar Salad	Salad Bar Grilled Cheese Tomato Soup Baked Chips Balsamic Cous Cous Salad
Dinner	Salad Bar Pasta Marinara Meatballs Brussel Sprouts Garlic Bread	Salad Bar Cook Out Hamburgers BBQ Ribs Assorted Salads Baked Chips	Salad Bar Chicken Alfredo Pasta Steamed Broccoli Bread Sticks	Salad Bar Roast Pork Loin with Gravy Baked Potatoes Grilled Asparagus	Salad Bar BBQ Chicken Roasted Red Potatoes Garden Vegetables	Salad Bar Beef Fajitas w/ Flour Tortillas Grilled Peppers and Onions Spanish Rice	Salad Bar Chinese Chicken Mandarin Vegetables Veggie Eggroll Fried Brown Rice
Dessert	Chocolate Ice Cream	Watermelon	Chocolate Pudding	Orange Sherbert	Chocolate Cake	Vanilla Ice Cream	Fortune Cookies & Fresh Pineapple

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	
Breakfast	Breakfast in Bed	Blueberry Pancakes Sausage Links	Breakfast Bar Scrambled Eggs Bacon Mini Bagels	Breakfast Bar French Toast Sticks Homefries	Breakfast Bar Bacon, Egg, and Cheese Sandwiches	French Toast Grilled w/ Mixed Berries Homefries	Every camper will participate in an "Overnight" one night during the session and cook dinner over a campfire!  Menu: Pita Pizzas with Cheese, Pepperoni, and other toppings Veggie sticks with Ranch Dressing Chips and S'mores!
		Breakfast Bar Biscuits	Breakfast Bar Peach and Cream Muffins	Breakfast Bar Corn Muffins	Breakfast Bar Toasted English Muffins	Breakfast Bar Scones	
Lunch	Salad Bar Chicken Quesadillas Salsa & Sour Cream Fiesta Corn Salad	Salad Bar Grilled Hamburgers French Fries Garden Salad w/ Ranch	Salad Bar Beef Tacos Taco Fixings Salsa & Sour Cream Refried Beans	Salad Bar Grilled Chicken Breast Sandwiches Caesar Salad Tater Tots	Salad Bar Fish Sticks French Fries Orange Wedges	Salad Bar Chicken Tenders Mac & Cheese Carrot Sticks	
Dinner	Salad Bar Chicken Parm Pasta Marinara Green Beans Garlic Knots	Salad Bar Teriyaki Beef Oriental Veggies Steamed White Rice	Salad Bar Crispy Baked Fish Cheesy Broccoli Roasted Red Potatoes	Salad Bar Cook Out BBQ Chicken All Beef Hot Dogs Assorted Salads Baked Chips	Salad Bar Roast Turkey with Gravy Mashed Potatoes Stuffing Green Beans Dinner Rolls	Cheese & Pepperoni Pizza Caesar Salad	
Dessert	Banana Cake	Brownies	Strawberry Ice Cream	Watermelon	Apple Pie	Hazen Cookies	

\*\*\* This menu is a sample from 2021! Already somethings have changed but this will give you an idea of the food we serve.  
This menu will repeat every session!

## TIPS ABOUT FOOD

- ✓ If you have never been to America you may be a little shocked with our meals! Make sure you take a look at the menu on the previous page to check out what a typical day might look like. (Don't forget we cater to kids so things might be a bit basic!)
- ✓ Please fill out the food section of the Health History. This is where you can let us know of any food sensitivities or allergies!
- ✓ On your days off you are more than welcome to eat in the dining hall but it's also worth it to do a google search of the surrounding restaurants and ask returners for recommendations.
- ✓ On the last night of a session we have our Banquet Dinner. Campers and staff dress up in nicer clothes (but it's totally okay if you don't)
- ✓ Lastly, our staff lounge has a refrigerator and microwave (but no stovetop or oven )





# YEAR ROUND'S FAV CAMP FOOD

Nicky– Chicken Alfredo

Jake– Pulled Pork Sandwiches

Kath– Chicken, broccoli, alfredo but only if there is garlic knots

Alex– Chicken Alfredo

Juan– Beef Fajitas

Welchy– Beef Fajitas

Mike M– Pizza!

Kid's fav– Chicken Tenders & Mac and Cheese

Everyone's favorite: Pita Pizzas

One night of each session you will have Pita Pizzas! This is when we go out into the woods and make pizzas in a fire! IT IS THE BEST!

