### 2021

# Menu - Camp Sequassen Week: 1-3-5-7

	week:	1-3-5-7	T
	Breakfast 8:00 AM	Lunch 12:30 PM	Dinner 6:00 PM
Sunday			Sliced Roast beef w/ gravy
			Oven roasted potatoes
			Green peas
			Tossed Salad w/ dressing
			Bread & butter
			Ice Cream
			Milk/Beverage
Monday	Fruit Juice	Chicken Nuggets	Pasta & Meatballs
ivioriuay		Macaroni & Cheese	
	Pancakes w/ syrup		Tossed salad w/ dressing
	Sausage Links	Tossed Salad	Bread & butter
	Cold Cereal	Corn Chips	Italian ice
	Butter	Pudding w/ whipped	Milk/Beverage
	Milk/Hot chocolate	cream	
	Fresh fruit	Milk/Beverage	
Tuesday	Fruit Juice	Soft Shell Taco/Pita	Roast Turkey w/ gravy
	Western Omelette	Lettuce & Tomato	Stuffing
	Bagels w/ cream cheese	Salsa & Cheese	Mashed Potatoes
	Home fried potatoes	Tossed Salad	Mixed Vegetables
	Milk/Hot chocolate	Nachos & Cheese Sauce	Bread & butter
	Fresh fruit	Popsicles	Italian Ice
	1 Testi II dit	Milk/Beverage	Milk/Beverage
Wednesday	Fruit Juice	Meatball Subs	Mexican Wrap
Wednesday			Beef or chicken
	Belgian Waffles	Salad with dressing	
	Sausages	Pasta Salad	Shredded lettuce &
	Cold Cereal	Brownies	cheese
	Milk/Hot chocolate	Milk/Beverage	Diced tomato & olives
	Fresh fruit		Salsa, sour cream
			Corn chips
			Ice Cream
			Milk/Beverage
Thursday	Fruit Juice	Hot dogs on rolls	Roast Loin of Pork w/
	Ham & Cheese Omelette	Potato Chips	gravy
	Home Fries	Baked beans	Apple Sauce
	Croissants	Condiments	Medley of Vegetables
	Milk/Hot chocolate	Fresh fruit	Buttered Noodles
	Fresh fruit	Jello w/ topping	Bread & butter
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		Milk/Beverage	Ginger Bread/ Topping
Fridov	Eruit Iules	Cheese Pizza	Milk/Beverage Lemon Chicken
Friday	Fruit Juice		
	French toast w/ syrup	Antipasto salad	Rice
	Sausage patties	Fresh fruit	Tossed salad w/dressing
	Cold Cereal	Cookies	Apple Tart
	Milk/Hot chocolate	Milk/Beverage	Milk/Beverage
	Fresh fruit		
Saturday	Fruit Juice		
9:30 – 10:30 AM	Sweet Breads Scrambled eggs Ham Rice Pilaf Chicken Cacciatore		
	Home Fried Potatoes		
	Milk/Hot Chocolate/Beverage Fresh fruit medley		
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- Veggie Substitutes
  1. Veggie nuggets vs. chicken tenders
  2. Veggie burritos vs. turkey
- 3. Veggie burgers vs. pork4. Veggie hotdogs

### 2021

## Menu - Camp Sequassen

Week: 2-4-6

		: 2-4-6	
	Breakfast 8:00 AM	Lunch 12:30 PM	Dinner 6:00 PM
Sunday			Sliced Roast beef w/ gravy Oven roasted potatoes Green beans Tossed salad w/ dressing Bread & butter Fresh Fruit Ice Cream Milk/Beverage
Monday	Fruit Juice Pancakes w/ syrup Sausage Links Cold Cereal Butter Milk/Hot chocolate Fresh fruit	Chicken Sandwich Hamburger rolls Lettuce & Tomato Condiments Fresh fruit Pasta Salad Brownies Milk/Beverage	Pasta & Meatballs Tossed salad w/dressing Bread & butter Ice Cream Milk/Beverage
Tuesday	Fruit Juice Western Omelette Bagels w/ cream cheese Home fried potatoes Milk/Hot chocolate Fresh fruit	Hamburgers w/ rolls Sliced cheese Lettuce & Tomato French Fries Popsicles Milk/Beverage	Roast Turkey w/ gravy Stuffing Mashed Potatoes Mixed Vegetables Bread & butter Italian Ice Milk/Beverage
Wednesday	Fruit Juice Belgian Waffles Sausages Cold Cereal Milk/Hot chocolate Fresh fruit	Meatball Subs Salad w/ dressing Potato Chips Jell-O with Whipped Cream Milk/Beverage	Mexican Wrap Beef or chicken Shredded lettuce & cheese Diced tomato & olives Salsa, sour cream Corn chips Cake Milk/Beverage
Thursday	Fruit Juice Ham & Cheese Omelettes Home Fries Croissants Milk/Hot chocolate Fresh fruit	Chicken Nuggets Macaroni & Cheese Tossed Salad Corn Chips Jello w/ topping Milk/Beverage	Roast Loin of Pork w/ gravy Apple Sauce Medley of Vegetables Buttered Noodles Bread & butter Ginger Bread/ Topping Milk/Beverage
Friday	Fruit Juice French toast w/ syrup Sausage patties Cold Cereal Milk/Hot chocolate Fresh fruit	Cheese Pizza Antipasto salad Fresh fruit Cookies Milk/Beverage	Lemon Chicken Rice Tossed salad w/dressing Apple Tart Milk/Beverage
Saturday 9:30 – 10:30 AM	Fruit Juice Sweet Breads Scrambled eggs Ham Penne Pasta with Chicken, Brocooli, Pesto Home fried potatoes Milk/Hot chocolate/Beverage Fresh fruit medley		

- Veggie Substitutes

  1. Veggie nuggets vs. chicken tenders
  2. Veggie burritos vs. turkey
- 3. Veggie burgers vs. pork4. Veggie hotdogs
- 5. Veggie chili & rice