

Sample Menu at Camp Kweebec

DAY	BREAKFAST	LUNCH	DINNER
Sunday	Milk, Juice Fruit, Cereal Pancakes Syrup	Tossed Salad Grilled Cheese Potato Chips Vanilla Pudding Fruit Punch	Salad Bar Lasagna Garlic Bread Sugar Snap Peas Chocolate Cake Fresh Fruit, Punch
Monday	Juice, Fruit, Cereal, Milk Pancakes w/ Syrup Sausage Oatmeal & Blueberry Muffins (Brown Sugar)	Salad Bar Grilled Ham & Cheese Potato Chips Fruit Cocktail Vanilla Pudding Punch	Salad Bar Beef Steak Sandwiches, Fried Onions Nacho Cheese & Plain Marinara on side, French Fries Yellow Sheet Cake Punch
Tuesday	Juice, Fruit, Cereal Milk Scrambled Eggs Sausage Home Fries Cornbread Oatmeal & Muffins (Brown Sugar)	Salad Bar Chicken Nuggets French Fries BBQ Sauce on the side Cornbread Muffins Canned Pears, Jello Punch	Salad Bar Tortellini w/ Meat Sauce & Marinara sauce on the side Garlic Bread Steamed Broccoli Cookies Fresh Fruit Punch
Wednesday	Juice, Fruit, Cereal, Milk French Toast Sausage Syrup Oatmeal & Muffins (Brown Sugar)	Salad Bar, Hot dogs w/buns Hamburgers w/buns Baked Beans, Cornbread Potato Chips, Potato Salad Cole Slaw, Sliced Onion, Tomato & Cheese, Pickles Sliced Watermelon	Salad Bar Pizza Plain Pasta w/marinara on side Jello, Canned Peaches Cookies, Fruit, Punch
Thursday	Juice, Fruit, Cereal Milk Waffles Sausage Syrup Oatmeal & Muffins (Brown Sugar)	Salad Bar Sloppy Joes w/hamburger buns on side Potato Chips Vanilla Pudding, Fruit, Punch	Salad Bar Spaghetti w/ meatballs Garlic Bread Sugar Snap Peas Chocolate Cake Fresh Fruit Punch
Friday	Juice, Fruit, Cereal, Milk French Toast Sticks Sausage Syrup Oatmeal & Muffins (Brown Sugar)	Salad Bar Tacos (w/ground turkey) Shredded lettuce & cheese, Diced Tomatoes, Sour Cream, Taco Sauce, Fruit Cocktail Cookies, Punch	Salad Bar Chicken Patty Parmesan (with & without cheese) Buttered Noodles W/Marinara Sauce on the side Green Beans Brownies Canned Peaches Punch
Saturday	Juice, Milk Pancakes Sausage Syrup on Steam Tables Oatmeal & Muffins (Brown Sugar)	Salad Bar Chicken Caesar Wraps Potato Chips Fresh Fruit Fruit Cocktail Jello Punch	Spaghetti & Meatballs W/Marinara on the side Garlic Bread, String Beans Canned Peaches Brownies & Fresh Fruit Punch