

# Meals offered at the Camps Connect

We do our best to offer healthy, appealing meal choices to our guests. If you have some special dietary needs or requests that do not appear on our menu, please contact the Camps office and we will do our best to accommodate your requests. Our kitchen staff will gladly decide the meals for your rental group based on prior experience. If you would like to create your own menu a Menu Planner form is enclosed. All Menu Planner forms need to be received by Camps Connect no later than two weeks prior to your stay.

If you are a returning rental, your menu from last year may be modified based on the previous year in order to better serve you. If you would like to make changes please feel free to go through the Menu Planner process described above.

Meals are available to your group at the meal times agreed upon with the kitchen personnel. Meals are served family style unless otherwise requested. Groups are asked for minimal help in cleaning and wiping off tables at the end of each meal.

## **Breakfast**

Served with milk, juice, fruit, and one of the following entrées:

- Cold Cereal / Toast
- Scrambled Eggs / Toast
- Pancakes
- French Toast
- Biscuits and Gravy
- Muffins / Yogurt or Cottage Cheese

Breakfast Meat  
(ham, sausage or bacon)  
additional \$1.25/meal



## **Lunch\***

Served with chips, potato or fries, raw / cooked vegetable or salad, fruit or dessert, kool-aid, milk and one of the following entrées:

- Hamburgers/Cheeseburgers
- Hot Dogs
- Breaded Chicken Tenders
- Ranch Chicken Wrap
- English Muffin Pizzas
- Sloppy Joe's
- Macaroni and Cheese
- Grilled Cheese and Tomato Soup
- Chili with Garlic Toast
- Tacos (chicken or beef)
- Sandwiches or Subs (Egg, Chicken, Tuna or Ham & Cheese)

## **Dinner\*** (\$1.25 for each additional entrée)

Pick and choose what you would like for dinner:

### **Entrée: choose one of the following:**

- Ham
- Roast Pork
- Roast Beef
- Beef Stroganoff
- Mini Meatloaf
- Meatballs & Gravy
- Spaghetti (pasta & meat sauce included; pasta counts as side choice)
- Herb baked chicken
- BBQ Baked chicken
- Chicken Ala King (vegetables & biscuits, biscuit counts as a bread)

Turkey (served with gravy)

### **Side: choose two of the following:**

- Mashed potatoes
- Au gratin potatoes
- Baked potatoes
- Pasta
- White rice
- Seasoned Rice
- Hot vegetable
- Salad
- Fresh or Canned Fruit

### **Bread: choose one of the following:**

- Bread
- Biscuits
- Garlic Bread
- Dinner Rolls
- Stuffing
- Cornbread

### **Desserts: choose one of the following:**

- Apple Crisp
- Brownies
- Cup Cakes (chocolate, white or yellow)
- Cookies (type chosen by our staff)
- Pudding (chocolate or vanilla)
- Rice Krispy Treats

\*Peanut butter & jelly is available if what is being offered is not liked for lunch & dinner

\*A vegetarian diet is available with **advance notice**

Our meals are prepared to meet National guidelines for serving sizes and nutritional content.

Camp: \_\_\_\_\_

Group: SAMPLE MENU

Date: \_\_\_\_\_

# in Group: 50

Day/Date⇒ Check one	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<b>Breakfast</b> <input checked="" type="radio"/> 8:00 a.m. <input type="radio"/> 8:30 a.m.	Biscuits & Gravy Fresh Fruit Milk Apple Juice	Pancakes Sausage Applesauce Milk Orange Juice	Cold Cereal Toast Fresh Fruit Milk Orange Juice	Muffins Yogurt Fruit Cocktail Milk Apple Juice	French Toast Bacon Peach Slices Milk Orange Juice	Scrambled Eggs Ham Fresh Fruit Milk Apple Juice	
<b>Lunch</b> <input checked="" type="radio"/> 12:00 p.m. <input type="radio"/> 12:30 p.m.	Hamburgers Chips Raw Veggies Fruit Milk Kool-aid	Chicken Wraps Fries Carrots & Celery Cookies Milk Kool-aid	Grilled Cheese & Tomato Soup Chips Fruit Milk Kool-aid	Macaroni & Cheese Chips Carrots & celery Fruit Milk Kool-aid	Sub Sandwiches French Fries Veggies Rice Krispies Milk Kool-aid	Mini Pizzas Chips Carrots & Celery Fruit Milk Kool-aid	
<b>Dinner</b> <input checked="" type="radio"/> 5:00 p.m. <input type="radio"/> 5:30 p.m.	Roast Pork Rice Vegetable Bread & Butter Apple Crisp Milk Kool-aid	Meatballs & Gravy White Rice Salad Bread & Butter Cup Cakes Milk Kool-aid	Chicken Ala King Mashed potato Salad Pudding Milk Kool-aid	Spaghetti Green Beans Garlic toast Brownies Milk Kool-aid	Turkey Mashed potatoes Gravy Stuffing Vegetable Cake Milk Kool-aid	Beef Stroganoff Egg Noodles Salad Bread & Butter Apple Crisp Milk Kool-aid	
<b>NOTES</b>	<b>2 Vegetarians</b>  <i>peanut allergy – not airborne</i>						

Name of Camp:

Group:

Date:

# in Group:

<b>Check one</b>							
<b>Breakfast</b> <input type="radio"/> 8:00 a.m. <input type="radio"/> 8:30 a.m.							
<b>Lunch</b> <input type="radio"/> 12:00 p.m. <input type="radio"/> 12:30 p.m.							
<b>Dinner</b> <input type="radio"/> 5:00 p.m. <input type="radio"/> 5:30 p.m.							
<b>NOTES</b>							

**If items are not available or the Menu Planner is not submitted at least two weeks prior to your stay we reserve the right to substitute items.**