Typical Camp Deen Menu

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|  | Breakfast | Lunch | Dinner | Snack |
| Sunday |  |  | Bbq hotdogsVeggie sticks (carrots, cucumbers, celery)Chips & water | Pudding & milk |
| Monday | Cereals, bagels, cream cheese, jam, butter, milkwatermelon |  Lentils & ground beef in a pita/wrap(lettuce, tomatoes, shredded carrots, sour cream & salsa) water | Pasta with tomato sauceSalad(lettuce, tomatoes, cucumbers & bottled dressings)water | Popcorn & water |
| Tuesday | Pancakes, syrup, butter, milk+ cut up oranges, apples, pears & watermelon (if any left over) | Chicken burgers(lettuce, tomato, ketchup)+Corn on the cobwater | Lentils & ground beef &left over tomato sauce in a pita/wrap(lettuce, tomatoes, shredded carrots, sour cream & salsa)water | Pudding & milk |
| Wednesday | Cereals, bagels, cream cheese, jam, butter, milk, fruit (apples) | Grilled cheese sandwiches w. ketchup & tomato soup+ cut up veggie sticks (carrots & celery)  | Roasted chicken, tator tots & ketchup, salad & dressing  | Chocolate chip & sugar cookies & milk |
| Thursday | Scrambled eggs & toast w/ kétchup+ fruit slices | Chicken or fish sticks w/ ketchup, tator tots, corn on the cob (or salad) | Pasta w/ tomato sauce, salad w/ dressingwater | Popcorn & water |
| Friday | Pancakes, syrup, butter, milk + cut up fruit | Mac & cheeseCut up veggieswater | Pizza, salad, water | Chocolate chip & sugar cookies & milk |
| Saturday | Cereals, bagels (or toast-whatever is leftover) jam, butter, cream cheese, milk, fruit (whatever is left) | Bbq hotdogs, buns, ketchup & mustardChipsCorn or cup up veggies (whatever is left over)water |  |  |

Daily Breakfast Station:

-oatmeal, dried fruit, brown sugar, milk, herbal teas, honey, mixed nuts.

Nina’s Kitchen Coffee Station:

-coffee, milk, sugar

-black tea

-Neocitran (some sort of drink for colds)