

TENTATIVE MENU FOR FALL CAMP MDH 2011

Saturday Breakfast

Quiche—at least 2 kinds (one or both vegetarian)
Bacon and/or sausage
Hot oatmeal—not instant
Granola
Variety of cold cereals, some unsweetened
Yogurt—vanilla, plain, and some flavors
Fresh fruit variety—bananas, apples, oranges, grapes
(depends on availability)
Toast or bagels
Coffee, decaf, hot tea (black and herbal)
Milk (2% and skim)
Half & half

Saturday Lunch

Potato, Kale, Leek and Bean Soup
New England Squash Soup
Sandwich platters—Deli lunchmeat (ham, turkey, roast beef)
Cheese slices (cheddar, Swiss, provolone)
Bread variety (whole wheat, rye, sour dough)
Mediterranean Couscous Salad
Hummus
Peanut butter
Hard boiled eggs
Lettuce and tomato slices
Fresh veggie tray
Mayonnaise & mustard
Homemade cookies (oatmeal and/or chocolate chip), or brownies
Iced tea, lemonade, coffee, decaf, hot tea
Half & half

Saturday Dinner

Chicken Cacciatore (some chicken cooked without sauce)

Vegetarian option: Black Bean Chilaquile

Steamed Broccoli

Salad bar—Romaine or leaf lettuce (not iceberg), variety of veggies

Choice of dressings

Garlic Bread (some bread without garlic)

Homemade Apple Crisp, with vanilla ice cream

Iced tea, lemonade, coffee, decaf, hot tea, herbal teas

Half & half

Sunday Breakfast

Buckwheat pancakes, butter and syrup (or French toast made with whole wheat bread)

Hardboiled eggs

Bacon and/or sausage

Hot cereal

Yogurt, nut butter

Granola

Variety of cold cereal

Fresh fruit

Coffee, decaf, hot tea (some herbal choices)

Milk—2% and skim

Half & half

Sunday Lunch

Leftovers from other meals

Sandwich fixings

Salad bar

Cookies

Coffee, decaf, hot and cold tea, lemonade

Half & half

Please Note: This menu is what we have *requested*. Some things may have to be changed due to lack of availability or other circum-stances beyond our control. Your understanding is appreciated.

Contact Arlene Kindel (arkindel@comcast.net) if you have questions about the ingredients, etc.