

For any questions, please don't hesitate to contact us at home (111) 111-2222, or via cell (111) 111-2222, or email someone@example.com

Menu for Camp Colman 2013

BREAKFAST COOLER

6 labeled plastic containers

6 single serve jars of Yogurt

Add non-refrigerated Honey bottle and tea

Please do not warm food in plastic containers!

Microwave and serve food in the Pyrex dish provided

LUNCH COOLER

6 labeled plastic containers

6 Apple Juice Bottles (1 per lunch)

Please do not warm food in plastic containers!

Microwave and serve food in the Pyrex dish provided

DINNER COOLER

6 labeled plastic containers

6 Dessert Baggies (1 per dinner)

Please do not warm food in plastic containers!

Microwave and serve food in the Pyrex dish provided

AFTERNOON/EVENING SNACKS COOLER

6 afternoon snack bags in a marked large Ziploc bag that requires refrigeration (Serve with Water Bottle)

6 evening snack bags in a marked large Ziploc bag that requires refrigeration

PROVIDED BY FAMILY

All food above

Honey, tea, for breakfasts

Pyrex dish

Apple juice for lunch

EXTRA FOOD

One extra meal in the lunch cooler

Extra Snacks in the snack cooler

SUNDAY JUNE 23RD

Dinner

Pizza
Peas and Broccoli
Dessert bag

Evening snack baggie

Coconut macaroon
Beef Jerky
Pumpkin Seeds

MONDAY JUNE 24TH

Breakfast

Chicken Sausage
Quiche
Yogurt/Fruit-on-the-bottom
Tea and Honey

Lunch

Minestrone
Cauliflower/Peas
AppleJuice

Afternoon snack baggie

Dried Fruits
Cheese
Onion Bun
Small Water Bottle

Dinner

BBQ chicken
Lentils and Cabbage
Dessert Baggy

Evening snack baggie

Coconut macaroon
Beef Jerky
Pumpkin Seeds

TUESDAY JUNE 25TH

Breakfast

Pancakes
Sausage
Yogurt/Fruit-on-the-bottom
Tea and Honey

Lunch

Taco beef
Mexican Beans
Cabbage

Afternoon snack baggie

Dried Fruits
Cheese
Onion Bun
Small Water Bottle

Dinner

Mushroom Chicken
Veggies
Dessert Baggy

Evening snack baggie

Coconut macaroon
Beef Jerky
Pumpkin Seeds

WEDNESDAY JUNE 26TH

Breakfast

Sausage
Quiche
Yogurt/Fruit-on-the-bottom
Tea and Honey

Lunch

Minestrone
Peas/Cauliflower
Apple Juice

Afternoon snack baggie

Dried Fruits
Cheese
Onion Bun
Small Water Bottle

Dinner

Chicken Patties
Veggies
Dessert Baggy

Evening snack baggie

Coconut macaroon
Beef Jerky
Pumpkin Seeds

THURSDAY JUNE 27TH

Breakfast

Quiche
Sausage
Yogurt/Fruit-on-the-bottom
Tea and Honey

Lunch

Taco beef
Mexican Beans
Cabbage
Apple Juice

Afternoon snack baggie

Dried Fruits
Cheese
Onion Bun
Small Water Bottle

Dinner

Mushroom Chicken
Veggies
Dessert Baggy

Evening snack baggie

Coconut macaroon
Beef Jerky
Pumpkin Seeds

FRIDAY JUNE 28TH

Breakfast

Pancakes
Sausage
Yogurt/Fruit-on-the-bottom
Tea and Honey

Lunch

Chicken Patties
Veggies and Beans
Apple Juice

Afternoon snack baggie

Dried Fruits
Cheese
Onion Bun
Small Water Bottle

Dinner

Pizza
Veggies
Dessert Baggy

Evening snack baggie

Coconut macaroon
Beef Jerky
Pumpkin Seeds

SATURDAY JUNE 29TH

Breakfast

Pancakes

Sausage

Yogurt/Fruit-on-the-bottom

Tea and Honey

Gut Harmony