

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 2014

### BREAKFAST

6 labeled plastic containers  
6 single serve jars of Yogurt  
6 baggies of Spice Cake  
Honey bottle and tea

### LUNCH

5 labeled plastic containers  
Serve one provided juice bottle per lunch

### DINNER

6 labeled plastic containers  
6 Ziploc bags containing dessert muffin (one per meal)

### AFTERNOON/EVENING SNACKS

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

### PROVIDED BY FAMILY

All food above  
Honey, tea, for breakfasts  
Juice bottles for lunch  
Water bottles for afternoon snack

### EXTRA FOOD

One extra meal in the lunch cooler  
Extra snacks for emergency in snack bag

## SUNDAY JUNE 23RD

### **Dinner**

Pizza  
Green peas  
Cabbage  
Dessert bag

### **Evening snack baggie**

Beef jerky  
Coconut macaroons  
Mini-biscuit

## MONDAY JUNE 24TH

### **Breakfast**

Coconut pancakes  
Mushroom egg muffins  
Turkey patties  
Yogurt  
Tea, honey

### **Lunch**

Beef taco  
Cauliflower/parmesan  
Orange lentil stew  
Fruit juice

### **Afternoon snack baggie**

Crackers  
Cheese  
Dried fruit  
Small water bottle

### **Dinner**

Garlic Shrimp  
Cabbage  
Yellow Peas  
Dessert bag

### **Evening snack baggie**

Beef jerky  
Coconut macaroons  
Mini-biscuit

## TUESDAY JUNE 25TH

### **Breakfast**

Coconut pancakes  
Mushroom egg muffins  
Turkey patties  
Yogurt  
Tea, honey

### **Lunch**

Turkey meatloaf  
Cauliflower mac and cheese  
Green peas  
Fruit juice

### **Afternoon snack baggie**

Crackers  
Cheese  
Dried fruit  
Small water bottle

### **Dinner**

Chicken  
Cauliflower mac and cheese  
Green peas  
Dessert baggie

### **Evening snack baggie**

Beef jerky  
Coconut macaroons  
Mini-biscuit

## WEDNESDAY JUNE 26TH

### **Breakfast**

Coconut pancakes  
Mushroom egg muffins  
Turkey patties  
Yogurt  
Tea, honey

### **Lunch**

Beef brisket  
Cabbage  
Black beans  
Fruit juice

### **Afternoon snack baggie**

Crackers  
Cheese  
Dried fruit  
Small water bottle

### **Dinner**

Garlic Shrimp  
Cabbage  
Yellow Peas  
Dessert baggie

### **Evening snack baggie**

Beef jerky  
Coconut macaroons  
Mini-biscuit

## THURSDAY JUNE 27TH

### **Breakfast**

Coconut pancakes  
Mushroom egg muffins  
Turkey patties  
Yogurt  
Tea, honey

### **Lunch**

Turkey meatloaf  
Cauliflower mac and cheese  
Black beans  
Fruit juice

### **Afternoon snack baggie**

Crackers  
Cheese  
Dried fruit  
Small water bottle

### **Dinner**

Chicken  
Cauliflower mac and cheese  
Green peas  
Dessert baggie

### **Evening snack baggie**

Beef jerky  
Coconut macaroons  
Mini-biscuit

## FRIDAY JUNE 28TH

### **Breakfast**

Coconut pancakes  
Mushroom egg muffins  
Turkey patties  
Yogurt  
Tea, honey

### **Lunch**

Beef taco  
Mushrooms  
Orange lentil stew  
Fruit juice

### **Afternoon snack baggie**

Crackers  
Cheese  
Dried fruit  
Small water bottle

### **Dinner**

Garlic Shrimp  
Cabbage  
Yellow Peas  
Dessert baggie

### **Evening snack baggie**

Beef jerky  
Coconut macaroons  
Mini-biscuit

SATURDAY JUNE 29TH

**Breakfast**

Coconut pancakes

Mushroom egg muffins

Turkey patties

Yogurt

Tea, honey

Gut Harmony