

Menu for Camp Colman 2011

Breakfast

Serve DAILY at breakfast

Yogurt is served in its original Pyrex dish
Fruit compote (microwave to warm lightly)
Honey bottle and mint tea

Additionally, on Mon/Wed/Fri

2 eggs fried in pure butter (provided by family)
Savory muffin

Additionally, on Tue/Thu/Sat

Pancakes (microwave to warm lightly)
Chicken sausage (microwave to warm lightly)

Lunch

6 labeled plastic containers
6 labeled Pyrex bowls of soup

Each daily lunch is packed in a labeled RubberMaid dish.
Serve 8 Oz. of grape juice (provided) with lunch

Remove food items and place them in the provided Pyrex tray to warm lightly in the microwave, or in the provided skillet for stovetop warming.

Soup – warm in its original Pyrex bowl in the microwave and serve in the same bowl.

Dinner

6 labeled RubberMaid plastic containers

Remove food items and place them in the provided Pyrex tray to warm lightly in the microwave, or in the provided skillet for stovetop warming.

Tue/Thu

Pizza can be warmed lightly on aluminum foil in an oven or briefly in the microwave. Do not overheat!

Deserts

In marked baggies, all of which are in a big zip-locked bag in the refrigerator

Afternoon/Evening Snacks

Dried goods are all grouped in a big ziplocked bag that is not refrigerated.

Refrigerated snacks will be group in a big marked Ziploc bag that requires refrigeration.

Provided By Family

All food above
Honey, tea, butter, eggs for breakfasts
Pyrex tray and skillet for warming
Grape juice for lunch

Sunday June 26th

Dinner

4 Pizza slices
Veggies
Cinnamon swirl muffin

Evening snack

Dried fruit (non-refrigerated)
Cheese stick (refrigerated)
Coconut cookies (refrigerated)

Monday June 27th

Breakfast

2 Eggs in butter
Yogurt and fruit compote
Savory muffin

Lunch

Ground beef (sloppy joe)
Veggies (green beans)
Lentil soup
8 Oz. grape juice

Afternoon snack

Cheese crackers (refrigerated)
Focaccia bread (refrigerated)
Dried fruit (non-refrigerated)

Dinner

4 Turkey meatballs
Veggies: cauliflower and cheese cubes
Desert: orange cookies (from refrigerated desert bag)

Evening snack

Dried fruit (non-refrigerated)
Cheese stick (refrigerated)
Coconut cookies (refrigerated)

Tuesday June 28th

Breakfast

Yogurt and fruit compote
Pancakes
Chicken sausage patty

Lunch

Beef patties
Veggies: green beans
White bean soup
8 Oz. grape juice

Afternoon snack

Cheese crackers (refrigerated)
Focaccia bread (refrigerated)
Dried fruit (non-refrigerated)

Dinner

4 Chicken nuggets
Veggies (green beans and mushrooms)
Desert: Cinnamon muffin

Evening snack

Dried fruit (non-refrigerated)
Cheese stick (refrigerated)
Coconut cookies (refrigerated)

Wednesday June 29th

Breakfast

Yogurt and fruit compote
2 Eggs in butter
Cinnamon swirl muffin

Lunch

Beef patties in tomato sauce
Veggies: Green beans
Curried orange lentil soup
8 Oz. grape juice

Afternoon snack

Cheese crackers (refrigerated)
Focaccia bread (refrigerated)
Dried fruit (non-refrigerated)

Dinner

4 Turkey meatballs
Veggies: mushrooms
Desert: berry muffin

Evening snack

Dried fruit (non-refrigerated)
Cheese stick (refrigerated)
Coconut cookies (refrigerated)

Thursday June 30th

Breakfast

Yogurt and fruit compote
Pancakes
Chicken sausage patty

Lunch

Ground beef (sloppy joe)
Veggies: Cauliflower and cheese
White bean soup
8 Oz. grape juice

Afternoon snack

Cheese crackers (refrigerated)
Focaccia bread (refrigerated)
Dried fruit (non-refrigerated)

Dinner

2 Chicken nuggets
2 small pizza slices
Veggies: carrots/zucchini
Desert: Cinnamon muffin

Evening snack

Dried fruit (non-refrigerated)
Cheese stick (refrigerated)
Coconut cookies (refrigerated)

Friday July 1st

Breakfast

Yogurt and fruit compote
2 Eggs in butter
Savory muffin

Lunch

Beef patties in tomato sauce
Veggies: Cauliflower and cheese
Curried orange lentil soup
8 Oz. grape juice

Afternoon snack

Cheese crackers (refrigerated)
Focaccia bread (refrigerated)
Dried fruit (non-refrigerated)

Dinner

4 Turkey meatballs
Veggies: Green beans
Desert: Berry muffin

Evening snack

Dried fruit (non-refrigerated)
Cheese stick (refrigerated)
Coconut cookies (refrigerated)

Saturday July 2nd

Breakfast

Yogurt and fruit compote

Pancakes

Chicken sausage patty

Gut Harmony