

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 2012

BREAKFAST

Serve DAILY at breakfast

Yogurt is served in its original Pyrex dish
Fruit compote
Honey bottle and tea

Additionally, on Mon/Wed/Fri

2 eggs fried in pure butter (provided by family)
Onion buns

Additionally, on Tue/Thu/Sat

Pancakes (microwave to warm lightly)
Veggie puree in jar (warm in microwave)

LUNCH

6 labeled plastic containers

Please do not warm food in plastic! Microwave food only in the Pyrex dish or warm in the provided skillet.

6 labeled glass jars of soup

Microwave and serve in original jar

Serve 8 Oz. of grape juice (provided) with lunch

DINNER

5 labeled plastic containers

Please do not warm food in plastic! Microwave food only in the Pyrex dish or warm in the provided skillet.

Daily Dessert

5 Ziploc bags containing dessert (one bag per meal)

Tue/Thu

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

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, butter, eggs for breakfasts
Pyrex tray and skillet for warming
Grape juice for lunch

EXTRA FOOD

One extra meal in the lunch cooler
Extra eggs

SUNDAY JUNE 24TH

Dinner

4 Pizza slices
Veggies
Dessert bag

Evening snack baggie

Coconut macaroon
Pumpkin seeds
Crackers

MONDAY JUNE 25TH

Breakfast

2 Eggs in butter
2 Onion buns
Yogurt and fruit compote
Tea, honey

Lunch

Chicken in tomato sauce
Cauliflower and cheese cubes
Yellow pea soup
8 Oz. grape juice

Afternoon snack baggie

Seed focaccia
Cheese stick
Dried fruit
Small water bottle

Dinner

Sweet and sour meatballs
Spaghetti squash
Peas
Dessert bag

Evening snack baggie

Coconut macaroon
Pumpkin seeds
Crackers

TUESDAY JUNE 26TH

Breakfast

Pancakes
Veggie puree jar
Yogurt and fruit compote
Tea, honey

Lunch

Taco beef
Green beans
Black bean soup
8 Oz. grape juice

Afternoon snack baggie

Seed focaccia
Cheese stick
Dried fruit
Small water bottle

Dinner

Barbecue chicken
Brussel sprouts
Dessert baggie

Evening snack baggie

Coconut macaroon
Pumpkin seeds
Crackers

WEDNESDAY JUNE 27TH

Breakfast

2 Eggs in butter
2 Onion buns
Yogurt and fruit compote
Tea, honey

Lunch

Sweet and sour meatballs
Spaghetti squash
Pea soup
8 Oz. grape juice

Afternoon snack baggie

Seed focaccia
Cheese stick
Dried fruit
Small water bottle

Dinner

Chicken in tomato sauce
Cauliflower and cheese cubes
Dessert baggie

Evening snack baggie

Coconut macaroon
Pumpkin seeds
Crackers

THURSDAY JUNE 28TH

Breakfast

Pancakes
Veggie soup
Yogurt and fruit compote
Tea, honey

Lunch

Taco beef
Green beans
Black bean soup
8 Oz. grape juice

Afternoon snack baggie

Seed focaccia
Cheese stick
Dried fruit
Small water bottle

Dinner

Turkey meatballs
Cauliflower and mushroom
Dessert baggie

Evening snack baggie

Coconut macaroon
Pumpkin seeds
Crackers

FRIDAY JUNE 29TH

Breakfast

2 Eggs in butter
2 Onion buns
Yogurt and fruit compote
Tea, honey

Lunch

Sweet and sour meatballs
Spaghetti squash
Pea soup
8 Oz. grape juice

Afternoon snack baggie

Seed focaccia
Cheese stick
Dried fruit
Small water bottle

Dinner

Pizza
Peas
Dessert baggie

Evening snack baggie

Coconut macaroon
Pumpkin seeds
Crackers

SATURDAY JUNE 30TH

Breakfast

Pancakes

Veggie soup

Yogurt and fruit compote

Tea, honey

Served in original bag:

- Dried fruits
- Beef jerky

Gut Harmony