



SCD Menus for Camp Oasis

June 24 – June 30, 2018

prepared onsite by the Chef Laura Taylor of Honest to Goodness Personal Chef Services

<http://www.honesttogoodness.com>

Notes:

- Per YMCA rules, only coconut flour and blanched almond flour permitted; no almond milk, almond butter, or actual nuts
- Flours: Healthworks Raw Organic Coconut Flour, I'm a Nut Blanched almond flour
- Coconut Milk: Chaokoh or Aroy-D
- Bob's Red Mill Unsweetened Shredded Coconut
- All spices will be confirmed to be SCD-legal with no anti-caking agents or added sugars
- Eggs will be freshly-cracked, not from a carton
- Oils: Canola, Sunflower, Grapeseed; Nutiva Organic Coconut Oil
- Cultured Butter or Nanak Pure Desi Ghee
- White Cheddar Cheese: Tillamook® Sharp White Cheddar
- Parmesan: Stella or BelGioso
- Honey: Lake Shore Bulk Honey (USA-only, Grade A)
- Daily Whole Fruit Bowl: Apples, Oranges, Spotted Bananas
- Vanilla used is pure vanilla extract
- Lemon and lime juice will be freshly squeezed
- Salt will be sea salt or Himalayan, not table salt
- Marinara sauce: Rao's Marinara

Apple juice available at breakfast - Treetop brand NSA

SCD Salad Dressings for the week to accompany main YMCA salad bar

- Caesar Dressing – 1 qt
 - oil
 - lemon juice
 - parmesan
 - granulated garlic
 - dijon mustard
 - apple cider vinegar
- Raspberry Salad Dressing – 1qt
 - fresh raspberries
 - apple juice, homemade
 - red wine vinegar
 - Dijon mustard
 - honey
 - shallot
- Dairy-Free Ranch Dressing – 1 qt
 - coconut milk
 - lemon juice
 - apple cider vinegar
- SCD mayo
 - raw honey
 - dried mustard
 - paprika
 - dried oregano
 - granulated garlic
 - dried chives
 - dried parsley

SCD Yogurt – 8 quarts total for the week

Kirkland Signature Organic Whole Milk + Yogourmet Starter

SCD S'Mores: to be handed out to SCD campers only on staff-designated days

Marshmallows (2pp) & Crackers (4pp) only

filtered water
powdered gelatin. 225 bloom strength, same as Knox gelatin
honey
vanilla

coconut flour
cinnamon
baking soda
egg whites
coconut oil
honey
vanilla

Sunday, June 24th

DINNER (2 or 2.5 pp, ~5" diameter)

- **Caesar Salad**
- **SCD Thin-Crust Pizza** topped with Marinara Sauce, Parmesan, and
blanched almond flour
egg
Italian seasoning
shredded Parmesan cheese
oil
- **House-made Italian Turkey Sausage Crumbles**
ground turkey
sage
fennel seed
dried thyme
granulated garlic
dried onion flake

**Some pizzas without meat, some without cheese

DESSERT

- **SCD Angel Food Cake** topped with Diced Kiwi & Nectarines
egg whites
lemon juice
salt
honey
vanilla
coconut flour

Monday, June 25th

BREAKFAST

- **Southern-Style SCD Butter Biscuits** – 2-3 pp depending on how big they are
blanched almond flour
baking soda
egg
butter or ghee
honey
- **Plain Scrambled Eggs** – 2-3 eggs pp
- **SCD Yogurt & Berries**
- **Apple juice available at breakfast - Treetop brand NSA**

LUNCH

- **Blanched Almond Flour-Crusted Chicken Strips (6 oz per person)
with House-made BBQ and Honey Mustard Dips**

<u>BBQ Sauce</u> – 1 quart	<u>Honey-Mustard Sauce</u> – 1 quart
ripe tomatoes	<u>SCD mayo</u>
celery	Dijon mustard
green pepper	honey
dried onion flake	
granulated garlic	
honey	
apple cider vinegar	
lemon juice	
paprika	
dry mustard	
chili powder	
- **Crudit  Cups**
celery sticks
baby carrots
SCD Ranch Dressing as dip

DINNER

- **Roasted Turkey Medallions with Strawberry-Lemon-Tarragon Sauce**
turkey tenderloin
strawberries
coconut oil
lemon juice
honey
fresh tarragon
- **Green Beans with Garlic Butter Sauce**
green beans
butter or ghee
granulated garlic

DESSERT

- **Carrot Cake Squares** with Mint Garnish – 1.5 pp

blanched almond flour	spotted bananas
cinnamon	shredded carrots
baking soda	raisins, NSA
nutmeg	SCD yogurt
eggs	honey

Tuesday, June 26th

BREAKFAST

- **Egg & Tomato Scramble with Ham & Turkey Cubes on Side**
eggs
ham, free of sugar-curing
turkey
fresh diced tomato
butter or ghee
- **SCD Cinnamon Applesauce**
apples
honey
cinnamon
cloves
- **Apple juice available at breakfast - Treetop brand NSA**

LUNCH

- **Beef Burger Patty Melts on SCD Bread**
ground beef
granulated garlic
paprika
egg
SCD mayo
blanched almond flour
butter or ghee
baking soda
honey
salt
- **Wavy-Cut Zucchini & Yellow Squash “Coins” with Parmesan Crust**
- **Fruit Salad:** Pineapple and Grapes

DINNER

- **Honey-Lime Chicken Drumsticks – 2 pp**
chicken drumsticks
fresh squeezed tomato juice
Nellie & Joe’s key lime juice
honey
granulated garlic
apple cider vinegar
yellow mustard
chili powder
granulated garlic
dried thyme
dried chives
- **Roasted Asparagus, Bell Peppers, & Carrots**

DESSERT

- **Coconut Macaroon Cookies – 3 pp**
egg whites
honey
vanilla
unsweetened coconut

Wednesday, June 27th

BREAKFAST

- **Orange-Cranberry Breakfast Bread** – 2 slices pp
coconut and blanched almond flours
baking soda
eggs
honey
oil
vanilla
fresh orange juice
fresh cranberries
- **Hard-Boiled Eggs** – 2 pp
- **Leftover Fruit and Yogurt as a Smoothie Bar**
- **Apple juice available at breakfast - Treetop brand NSA**

LUNCH

- **Pepperoni Pizza Pasta**
salami (preservative free)
ground mild Italian sausage, casings removed
kale
salt
yellow squash
fresh crushed tomato
parmesan
dried oregano

DINNER

- **House-made Meatball “Fondue”** (no bread)
shredded zucchini
ground turkey
dried onion flake
dried oregano
egg
oil
cremini mushrooms
granulated garlic
marinara sauce
blend of legal shredded cheeses
- **SCD Rosemary Crackers** – 8 pp
blanched almond flour
oil
dried rosemary
water

DESSERT

- **Lemon Squares** – 2-3pp

<u>Almond Based Crust</u> blanched almond flour salt butter or ghee honey vanilla	<u>Lemon Topping</u> butter or ghee honey egg fresh lemon juice water
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Thursday, June 28th

BREAKFAST

- **Blueberry-Orange Scones** – 2 pp
blanched almond flour
baking soda
salt
butter or ghee
eggs
coconut milk
orange zest
fresh-squeezed orange juice
honey
fresh blueberries
- **SCD Turkey Sausage Patties**
lean ground turkey or pork (no additives or “natural flavors”)
sage
fennel seed
dried thyme
- **SCD Yogurt with Berries**
- **Apple juice available at breakfast - Treetop brand NSA**

LUNCH

- **Taco Salad** (not spicy)
Ground Pork, Shredded Iceberg Lettuce, Diced Tomatoes, Shredded White Cheddar Cheese
Guacamole (No Cilantro or Red Onion)
avocado
granulated garlic
lime juice
tomato

DINNER

- **Cauliflower Mac & Cheese** (no bacon or pork rinds)
cauliflower
dried onion flake
granulated garlic
butter or ghee
SCD yogurt instead of whipping cream
white cheddar cheese
- **Buttered Carrots & Broccoli**

DESSERT

- **Cinnamon-Peach Upside-Down Cake**
honey
nutmeg
cinnamon
ripe peaches
coconut flour
baking soda
eggs
SCD applesauce
honey
vanilla
coconut oil
milk

Friday, June 29th

BREAKFAST

- **Cheesy Bacon Egg Casserole**
bacon
eggs
SCD yogurt
white cheddar cheese
- **Honeyed Banana Coconut Roll-up Pinwheels**
- **Apple juice available at breakfast - Treetop brand NSA**

LUNCH

- **Mini Meatloaves**
ground beef
dried onion flake
granulated garlic
egg
oregano
basil
- **"Creamed" Spinach**
spinach
butter or ghee
dried onion flake
granulated garlic
salt and pepper
SCD yogurt instead of cashew milk
grated parmesan
- **Baked Butternut Squash Tots (not spicy)**
butternut squash
almond flour
carrot
paprika
cumin
parsley

DINNER

- **Slow Cooker Thai Beef Stew** (minus red curry paste & jicama)
beef
coconut oil and milk
dried onion flake
granulated garlic
ginger
tomato paste
broccoli
carrot
fish sauce (*Red Boat brand*)
- **Cauliflower Rice with Scallions**

DESSERT

- **Key Lime Pie as Pudding**
coconut milk
fresh spinach
avocado
honey
Nellie & Joe's key lime juice

Saturday, June 30th

BREAKFAST

- **Spanish Baked Eggs**
chorizo (legally-made)
smoked paprika
cumin, ground
tomato, diced
roasted peppers
eggs
legal cheese
dried parsley
- **SCD Butter Biscuits**
blanched almond flour
baking soda
egg
butter or ghee
honey
- **Coconut Orange Date Balls**
pitted dates
fresh-squeezed orange juice
unsweetened shredded coconut
blanched almond flour instead of peanut butter
- **Apple juice available at breakfast - Treetop brand NSA**
- **Any Leftover Fruit and Yogurt as a Smoothie Bar**

SNACKS – served twice daily around 3:30 pm and 7:30 pm

Apple sauce – Treetop brand, NSA

Raisins - NSA

Cheese sticks – Tillamook medium cheddar

Fruit leathers – Stretch Island grape, strawberry, apple

Hard boiled eggs

Larabars: ginger snap, cherry pie, apple pie, cinnamon roll

Pork rinds