



CAMP TIDNISH MENU **A**

| | DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 | DAY 6 | DAY 7 |
|------------------|---|--|--|---|--|---|--------------------------------|
| BREAKFAST | Cereal Bagles Toast Jam & C.Cheese | Pancakes Fruit Syrup | Oatmeal Cereal Fruit Toast, Jam, PB, Cream Cheese. | Breakfast Muffins Cereal, Fruit Bagles Jam, PB, Cream Cheese. | Scrambled Eggs, Bacon/Sausage and Hashbrowns | yougart, Granola, mixed berries and Bananas. | Panckaes, fruite and syrup. |
| LUNCH | Deli-Sandwiched | Chicken Ceasar wraps. | Pasta Salad with Chiken and mixed Veg. | Burger & Fries Veggitables. Cheese, ketchup mustard, relish pickles, tomoto | Sweet & Sour Meatballs with Carrots, Peppers, Onions on rice. | Grilled Cheese and Tomato soup | CAMP SESSION OVER |
| DINNER | Spaghetti & Meatballs. Garlic Bread. | Shapherd's Pie | Beef & Broccoli with Carrots on rice or noodles. | Lemon Chicken & roated potatoes with carrots | Lasagna with Garlic bread | Tuekey/chicken, stuffing, mashed potatoes, peas, carrots, gravy. Apple Crips/Cake | |
| SNACK OR TUCK | Snack: Fruit Salad | Tuck: Chips or Ice cream. Pop or juice. Snack: Cookie | Snack: Chocolate Pudding. | Tuck: Chips or Ice cream. Pop or juice. Snack: Blondie | Snack: Jello | Tuck: Chips or Ice cream. Pop or juice. Snack: Granolabar | |