

**1st WEEK of session 3, 4, 5 & Session 6**

**UPDATED 05/18/21 15:14**

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	
Directors/ Stayovers LEFTOVER BAGELS CREAM CHEESE  OATMEAL & ASST. CONDIMENTS COLD CEREAL  ASSORTED JUICE MILK & PLAIN NON-DAIRY MILK	FRENCH TOAST HARD BOILED EGGS  YOGURT  COLD CEREAL FRUIT  JUICE MILK & PLAIN NON-DAIRY MILK	BREAKFAST SANDWICHES ENGLISH MUFFINS, EGGS, SAUSAGE & CHEESE  OATMEAL & ASST. CONDIMENTS COLD CEREAL FRUIT  HOT CHOCOLATE JUICE MILK & PLAIN NON-DAIRY MILK	BLUEBERRY MUFFINS SCRAMBLED EGGS BACON YOGURT  COLD CEREAL FRUIT  JUICE MILK & PLAIN NON-DAIRY MILK	PANCAKES HARD BOILED EGGS  OATMEAL & ASST. CONDIMENTS COLD CEREAL FRUIT  HOT CHOCOLATE JUICE MILK & PLAIN NON-DAIRY MILK	COFFEE CAKE SCRAMBLED EGGS BACON YOGURT  COLD CEREAL FRUIT  JUICE MILK & PLAIN NON-DAIRY MILK	FRENCH TOAST STICKS HARD BOILED EGG SCRAMBLED EGGS  OATMEAL & ASST. CONDIMENTS COLD CEREAL FRUIT  HOT CHOCOLATE JUICE MILK & PLAIN NON-DAIRY MILK	
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH- OUTBACK	
Staff & Stayovers SANDWICH BAR TURKEY, ROAST BEEF, SALAMI CHEESE SLICES MIXED GREEN SALAD CHIPS  ASSORTED DESSERTS PUNCH	BAG LUNCH  CHICKEN CEASER WRAP PB&J SANDWICH CHEF SALAD CHEESE SANDWICH  CHIPS CARROT STICKS FRUIT - MANDARIN ORANGES COOKIES JUICE BOX OR BOTTLED WATER	Taco Tuesday *served seperatly TACOS SOFT & HARD SHELLS BLACK BEANS & GROUND BEEF LETTUCE, TOMATO, CHEESE, SALSA  FRESH VEGGIE & DIP WATERMELON  LEMONADE	VEGETABLE SOUP PIZZA (GF Pizza will be available) CHICKEN SALAD  FRESH VEGGIE & DIP FRESH FRUIT SALAD  FRUIT PUNCH	CHILI & VEGGIE CHILI BROCCOLI CHEESE SOUP - V CHICKEN STRIPS STEAMED BROCCOLI BAKED POTATO BAR CHEESE, BACON, SOUR CREAM FRESH VEGGIE & DIP PINEAPPLE  LEMONADE	GRILLED CHEESE DAY  TOMATO SOUP *dairy free avail GRILLED CHEESE SANDWICHES EGG SALAD  CHIPS  FRESH VEGGIE & DIP AJ'S SNICKER SALAD  LEMONADE	ALL BEEF HOT DOGS & VEGAN DOGS PLAIN, SAUERKRAUT, PEANUT BUTTER VEGGIE BAKED BEANS  CHIPS  FRESH VEGGIE & DIP ORANGES BROWNIES w/ POWERED SUGAR LEMONADE	
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	
DINNER AT 6PM MEAT LASAGNA VEGGIE LASAGNA  TOMATO BASIL AND COUSCOUS SALAD CAULIFLOWER TEXAS TOAST GARLIC BREAD CAESAR SALAD - DRESSED ONLINE  DEVIL'S FOOD CAKE MILK	NOODLE BOWL RAMEN NOODLES MISO BROTH CARROTS, CABBAGE, PEPPERS, CILANTRO, SHREDDED CHICKEN & TOFU VEGETABLE FRIED RICE EGG ROLL  SALAD W/ GINGER DRESSING  COOKIES MILK	CHICKEN FISH WILD RICE  FETA AND MINT COUSCOUS SALAD ROASTED CARROTS PITA, RAW VEGGIES & HUMMUS GREEK SALAD- CUCUMBER, RED ONION, TOMATO, OLIVE, FETA OREO MUD PIE MILK	OUTBACK COOKOUT HAMBURGERS VEGGIE BURGERS  FRUIT SALAD VEGGIES & DIP CHIPS  COOKIES FRUIT PUNCH	RAVIOLI MARINARA AND BUTTER GARLIC SAUC  ROASTED BROCCOLI & CAULIFLOWER BREAD STICKS  BROWNIES MILK	CHICKEN BOWL CHICKEN NUGGET FISH STICK & VEGGIE NUGGET MASHED POTATOES & GRAVY SHREDDED CHEESE CORN BROCCOLI SLAW BISCUIT  YELLOW CAKE W/ VANILLA FROSTING MILK (Switch to Horseshow Dinner in 6th	SOUP CHEESE CALZONES PEPPERONI CALZONES  GREEN BEANS  CAESAR SALAD -- DRESSED ON THE LINE  COOKIES MILK	
<b>MILK AVAILABLE AT BREAKFAST AND DINNER INCLUDES COW'S MILK, PLAIN SOY OR UNSWEETENED ALMOND MILK</b> <b>COMPARABLE GLUTEN FREE AND VEGETARIAN ITEMS AVAILABLE UPON REQUEST - PLEASE LET KITCHEN KNOW IN ADVANCE</b>							

**2nd WEEK of session 3, 4, 5 & Session 6**

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<b>SUNDAY</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	
<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	
LEISURE BREAKFAST 9-10am BAGELS & CREAM CHEESE  YOGURT & GRANOLA  COLD CEREAL BANANAS  HOT CHOCOLATE JUICE MILK & PLAIN NON-DAIRY MILK	CINNAMON ROLLS SCRAMBLED EGGS BACON  OATMEAL & ASST. CONDIMENTS COLD CEREAL FRUIT  JUICE MILK & PLAIN NON-DAIRY MILK	BREAKFAST SANDWICHES ENGLISH MUFFINS, EGGS, SAUSAGE & CHEESE  YOGURT  COLD CEREAL FRUIT  HOT CHOCOLATE JUICE MILK & PLAIN NON-DAIRY MILK	MUFFINS SCRAMBLED EGGS BACON  OATMEAL & ASST. CONDIMENTS COLD CEREAL FRUIT  JUICE MILK & PLAIN NON-DAIRY MILK	PLAIN & BLUEBERRY PANCAKES HARD BOILED EGGS  YOGURT  COLD CEREAL FRUIT  HOT CHOCOLATE JUICE BOX OR BOTTLED WATER MILK & PLAIN NON-DAIRY MILK	SCRAMBLED EGGS POTATOS SAUSAGE  OATMEAL & ASST. CONDIMENTS COLD CEREAL FRUIT  JUICE MILK & PLAIN NON-DAIRY MILK	COFFEE CAKE HARD BOILED EGGS BACON YOGURT  COLD CEREAL FRUIT  HOT CHOCOLATE JUICE MILK & PLAIN NON-DAIRY MILK	
<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	
SUNDAY BRUNCH  SCRAMBLED EGGS SAUSAGE LINKS HOME FRIES CHICKEN & EGG SALAD  CROISSANT  LETTUCE & TOMATO MELON  ORANGE JUICE & MILK	VEGETABLE SOUP - vegan MACARONI AND CHEESE - V *GF AVAILABLE UPON REQUEST BEANIES & WEENIES SALAD  BROCCOLI SALAD ON SB  FRESH VEGGIE & DIP FRESH FRUIT SALAD  LEMONADE	Taco Tuesday  QUESADILLAS -CHICKEN & CHEESE -CHEESE -BEAN QUESADILLA (VEGAN) SOUR CREAM, GUAC, SALSA BLACK BEAN SALAD -ON LINE  FRESH VEGGIE & DIP SLICED ORANGES  FRUIT PUNCH	GARLIC CHICKEN SANDWICH FISH SANDWICH VEGGIE & WHITE BEAN PASTA SALAD  CHIPS  FRESH VEGGIE & DIP AJ'S SNICKER SALAD  LEMONADE	Burrito Bowl  GROUND BEEF, CHICKEN, BLACK BEANS CILANTRO BROWN RICE GRILLED VEGGIES LETTUCE, SHREDDED CHEESE, SALSA SOUR CREAM, GUAC, BLACK OLIVES  FRUIT  FRUIT PUNCH	BAG LUNCH  CHEESE SANDWICH PB&J SANDWICH TURKEY SANDWICH <i>w/CHEESE, LETTUCE &amp; TOMATO</i> KETCHUP, MUSTARD, MAYO PACKETS  CHIPS  FRESH VEGGIE & DIP FRUIT COOKIES JUICE BOX OR BOTTLED WATER		
<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	
LUAU <i>(Switch to Lasagna in 2nd Session)</i> PULLED PORK & VEGGIE BBQ SWEET POTATO W/BUTTER, CINN & SUGAR CORN CASSEROLE  CELERY W/CREAM CHEESE APPLES & BANANAS HALVED PINEAPPLES w/ CHERRIES ROLLS  WATERMELON FRUIT PUNCH	PIZZA (GF Pizza will be available) MOZZARELLA STICKS  MIXED VEGETABLE MIXED GREEN SALAD  DESSERT MILK	OUTBACK COOKOUT TURKEY BURGER VEGGIE BURGER  DEVILED EGGS FRUIT SALAD or WHOLE FRUIT VEGGIES & DIP or GREEN SALAD CHIPS  COOKIES LEMONADE	PEROGIES SMOKED SAUSAGE BRUSSEL SPROUTS SAURKRUAT CARROTS CUCUMBER SALAD  APPLESAUCE  APPLE CRISP MILK	BREAKFAST FOR DINNER FRENCH TOAST SCRAMBLED EGGS SAUSAGE  SWEET POTATO HASH  FRESH FRUIT  BISCUIT OR DONUT MILK AND ORANGE JUICE	SPAGHETTI ( 2 different sauces) CHICKEN & EGGPLANT PARMESAN  VEGETABLE CAESAR SALAD  GARLIC BREADSTICKS  MS. DENISE'S CHOCOLATE SHEET CAKE MILK		
<b>MILK AVAILABLE AT BREAKFAST AND DINNER INCLUDES COW'S MILK, PLAIN SOY OR UNSWEETENED ALMOND MILK                      COMPARABLE GLUTEN FREE AND VEGAN ITEMS AVAILABLE UPON REQUEST - PLEASE LET KITCHEN KNOW IN ADVANCE</b>							

1st Mother Daughter			STARTER CAMP			
THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
<b>BREAKFAST</b>						
BAGELS	BREAKFAST SANDWICHES	PLAIN & BLUEBERRY PANCAKES	COFFEE CAKE	FRENCH TOAST	MUFFINS	CINNAMON ROLLS
YOGURT	ENGLISH MUFFINS, EGGS,	HARD BOILED EGGS	SCRAMBLED EGGS	HARD BOILED EGGS	SCRAMBLED EGGS	SCRAMBLED EGGS
CEREAL	SAUSAGE & CHEESE	YOGURT	BACON			BACON
	YOGURT		YOGURT	YOGURT		
					OATMEAL & ASST. CONDIMENTS	
	COLD CEREAL	COLD CEREAL	COLD CEREAL	COLD CEREAL	COLD CEREAL	OATMEAL & ASST. CONDIMENTS
	FRUIT	FRUIT	FRUIT	FRUIT		COLD CEREAL
	FRUIT	HOT CHOCOLATE				FRUIT
	HOT CHOCOLATE	JUICE BOX OR BOTTLED WATER	JUICE	JUICE	JUICE	
	JUICE	MILK & PLAIN NON-DAIRY MILK	MILK & PLAIN NON-DAIRY MILK	MILK & PLAIN NON-DAIRY MILK	MILK & PLAIN NON-DAIRY MILK	
<b>LUNCH</b>						
		<b>BAG LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
		CHICKEN CEASER WRAP	<i>Staff Only</i>	<b>GRILLED CHEESE DAY</b>	<b>Taco Tuesday</b>	<b>HORSE SHOW DAY</b>
	GROUND BEEF, CHICKEN,			TOMATO SOUP <sup>*dairy free avail</sup>	TACOS SOFT & HARD SHELLS	CHICKEN NUGGET
	CILANTRO BROWN RICE	PB&J SANDWICH		GRILLED CHEESE SANDWICHES	BLACK BEANS & GROUND BEEF	FISH STICK & VEGGIE NUGGET
	BLACK BEANS	CHEF SALAD		EGG SALAD	LETTUCE, TOMATO, CHEESE, SALSA	MASHED POTATOES & GRAVY
	GRILLED VEGGIES	CHEESE SANDWICH				SHREDDED CHEESE
	LETTUCE, SHREDDED CHEESE, SALSA	CHIPS		CHIPS	FRESH VEGGIE & DIP	CORN
	SOUR CREAM, GUAC, BLACK OLIVES			FRESH VEGGIE & DIP	WATERMELON	BISCUIT
		CARROT STICKS		AJ'S SNICKER SALAD	LEMONADE	
	FRUIT	FRUIT - MANDARIN ORANGES			#REF!	YELLOW CAKE w/ VANILLA FROSTING
	FRUIT PUNCH	COOKIES		LEMONADE		MILK (Switch to Horseshow Dinner in 6th ses)
		JUICE BOX OR BOTTLED WATER				
<b>DINNER</b>						
	<b>OUTBACK COOK-OUT</b>		<b>INCOMING DAY</b>	<b>OUTBACK COOKOUT</b>		
SPAGHETTI (2 different sauces)		CHILI & VEGGIE CHILI	MEAT LASAGNA	ALL BEEF HOT DOGS & VEGAN DOGS	FRENCH TOAST	
CHICKEN & EGGPLANT PARMESAN	HAMBURGERS	BROCCOLI CHEESE SOUP - V	VEGGIE LASAGNA	PLAIN, SAUERKRAUT, PEANUT BUTTER	SCRAMBLED EGGS	
	VEGGIE BURGERS	CHICKEN STRIPS		VEGGIE BAKED BEANS	SAUSAGE	Order Pizza
		STEAMED BROCCOLI	TOMATO BASIL AND COUSCOUS SALAD		SWEET POTATO HASH	Everyone off duty
VEGETABLE		BAKED POTATO BAR	CAULIFLOWER	CHIPS		
CAESAR SALAD	FRUIT SALAD	CHEESE, BACON, SOUR CREAM	TEXAS TOAST GARLIC BREAD	FRESH VEGGIE & DIP		Horseshow at 3pm
		FRESH VEGGIE & DIP	CAESAR SALAD - DRESSED ONLINE	ORANGES	FRESH FRUIT	
GARLIC BREADSTICKS	CHIPS	PINEAPPLE				
			DEVIL'S FOOD CAKE			
BROWNIES	COOKIES			BROWNIES w/ POWERED SUGAR	BISCUIT OR DONUT	
MILK	FRUIT PUNCH	LEMONADE	MILK	LEMONADE	MILK AND ORANGE JUICE	

Mother Daughter 2				Mother Daughter Retreat 3 SAMPLE - IT WILL BE CONFIRMED IN EARLY AUGUST			
THURSDAY	FRIDAY	SATURDAY	SUNDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY
<b>BREAKFAST</b>							
NO	BREAKFAST SANDWICHES	PLAIN & BLUEBERRY PANCAKES	COFFEE CAKE		MUFFINS	SCRAMBLED EGGS	COFFEE CAKE
FOOD	ENGLISH MUFFINS, EGGS,	HARD BOILED EGGS	SCRAMBLED EGGS		SCRAMBLED EGGS	SAUSAGE	SCRAMBLED EGGS
STAFF	SAUSAGE & CHEESE	YOGURT	BACON	<i>Mother Daughter 3</i>	YOGURT	CROISSANT	BACON
ALL			YOGURT	<i>Menu will be available in</i>			
OFF				<i>Early August.</i>	OATMEAL & ASST. CONDIMENTS	OATMEAL & ASST. CONDIMENTS	OATMEAL & ASST. CONDIMENTS
		COLD CEREAL	COLD CEREAL	<i>Please call the office for a copy.</i>	COLD CEREAL	COLD CEREAL	COLD CEREAL
	COLD CEREAL		FRUIT		BANANAS		BANANAS
					HOT CHOCOLATE		HOT CHOCOLATE
	JUICE	JUICE BOX OR BOTTLED WATER	JUICE		APPLE JUICE	ORANGE JUICE	ORANGE JUICE
	MILK & PLAIN NON-DAIRY MILK	MILK & PLAIN NON-DAIRY MILK	MILK & PLAIN NON-DAIRY MILK		MILK & PLAIN NON-DAIRY MILK	MILK & PLAIN NON-DAIRY MILK	MILK & PLAIN NON-DAIRY MILK
<b>LUNCH</b>							
		<b>BAG LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
		CHICKEN CEASER WRAP		<i>Staff Only</i>	<b>Taco Tuesday</b>	<b>BAG LUNCH</b>	
NO	<b>Taco Tuesday</b>			SANDWICH BAR	TACOS SOFT & HARD SHELLS	CHEESE SANDWICH	
FOOD	QUESADILLAS	PB&J SANDWICH		TURKEY, ROAST BEEF, SALAMI	BLACK BEANS & GROUND BEEF	PB&J SANDWICH	STAFF LUNCH CLOSE CAMP
STAFF	-CHICKEN & CHEESE	CHEF SALAD		CHEESE SLICES	LETTUCE, TOMATO, CHEESE, SALSA	TURKEY SANDWICH w/ CHEESE, LETTUCE & TOMATO	
ALL	-CHEESE	CHEESE SANDWICH		CHICKEN NOODLE SOUP		GARDEN SALAD	
OFF	-BEAN QUESADILLA (VEGAN)			MIXED GREEN SALAD	CARROT STICKS & DIP	CHIPS	
	SOUR CREAM, GUAC, SALSA	CHIPS		QUARTERED ORANGES	WATERMELON	KETCHUP, MUSTARD, MAYO PACKETS	
	BLACK BEAN SALAD -ON LINE			CHIPS	FRUIT PUNCH	VEGGIES WITH DIP	
	FRESH VEGGIE & DIP	CARROT STICKS		COOKIES		APPLES	
	SLICED ORANGES	FRUIT - MANDARIN ORANGES		PUNCH		COOKIES	
	FRUIT PUNCH					JUICE BOX OR BOTTLED WATER	
<b>DINNER</b>							
	<b>OUTBACK COOK-OUT</b>			<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>
CHICKEN					<b>OUTBACK COOK-OUT</b>	<b>INCOMING DAY</b>	
FISH	HAMBURGERS	RAVIOLI		Frozen Pizza	<b>DINNER AT 6PM</b>	<b>DINNER AT 6PM</b>	
WILD RICE	VEGGIE BURGERS	MARINARA AND BUTTER GARLIC SAUCE		Salad	GRILLED CHICKEN	CHICKEN PARMESAN	
				Water	BLACK BEAN BURGERS	FISH	
					POTATO SALAD	PASTA	
FETA AND MINT COUSCOUS SALAD					CELERY & CARROT STICKS	ITALIAN VEGETABLES	
ROASTED CARROTS		CAESAR SALAD			FRUIT SALAD	SALAD BAR	
PITA, RAW VEGGIES & HUMMUS	FRUIT SALAD	ROASTED BROCCOLI & CAULIFLOWER					GARLIC BREAD
GREEK SALAD - CUCUMBER, RED C	CHIPS	BREAD STICKS			CUPCAKES	DEVIL'S FOOD CAKE	
TOMATO, OLIVE, FETA					FRUIT PUNCH	MILK	
OREO MUD PIE	COOKIES	BROWNIES					
MILK	FRUIT PUNCH	MILK					