

# SCHOOL TRIPS SAMPLE MENUS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b> 8:15 AM		Hot & Cold Cereal, Waffles & Sausage Patties, Bagels & Cream Cheese	Hot & Cold Cereal, Ham, Eggs, Toast, Jam, Fruit Salad	Hot & Cold Cereal, French Toast Stix, Bagel, Jam, Cream Cheese	Hot & Cold Cereal, Western Omelets, Toast, Jam, Fruit Salad
<b>LUNCH</b> 12:30 PM	Salad Bar (15-30 Items), Chicken Fingers & Fries, Fruit	Salad Bar (15-30 Items), Chicken Burgers, Chips, Fruit	Salad Bar (15-30 Items), Tacos, Fruit	Salad Bar (15-30 Items), Mini Deep Dish Pizzas, Fruit	Salad Bar (15-30 Items), Beefaroni, Fruit
<b>DINNER</b> 5:30 PM	Salad Bar (15-30 Items), Chicken Cordon Swiss, Rice, Beans, Brownies	Salad Bar (15-30 Items), B-B-Q Ribs, Roasted Mini Potatoes, Corn, Butter Tarts	Salad Bar (15-30 Items) Spaghetti & Meat Balls, Garlic Rolls, Cheese Cake	Salad Bar (15-30 Items) Beef Stir Fry, Sweet & Sour Chicken Balls, Rice, Apple Crisp	
<b>SNACK</b> 9:30 PM	Cookies, Fruit, Beverages	Two-Bite Brownies, Fruit, Beverages	Powder Donuts, Fruit, Beverages	Two-Bite Brownies, Fruit, Beverages	

**BEVERAGES INCLUDE:**

Coffee, teas, milk, water and juices.

Actual menu may vary.

**ALLERGIES:**

Muskoka Woods has made every effort to eliminate nuts, nut products and oils from our foodservice, due to the increase in allergies that involve anaphylaxis. Be sure you bring no items that contain these products in any form. Inform our staff of any food allergies at the beginning of your stay so we may accommodate you.