

SUMMER CAMP SAMPLE MENUS

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST 8:15 AM	Hot & Cold Cereals Omelettes Muffins & Danishes Toast Yogurt Bar Home Fries Juice & Milk	Hot & Cold Cereals Pancakes & Syrup Sausage Links Muffins & Danishes Bagels Yogurt Bar Juice & Milk	Hot & Cold Cereals Ham Scrambled Eggs Muffins & Danishes Toast Yogurt Bar Home Fries Juice & Milk	Hot & Cold Cereals Glazed French Toast Turkey Sausages Muffins & Danishes Bagels Yogurt Bar Juice & Milk	Hot & Cold Cereals Back Bacon & Eggs Muffins & Danishes Toast Yogurt Bar Home Fries Juice & Milk	Hot & Cold Cereals Belgian Waffles Sausage Links Muffins & Danishes Bagels Yogurt Bar Juice & Milk	Hot & Cold Cereals Egg McMuffins Muffins & Danishes Croissants Yogurt Bar Home Fries Juice & Milk
LUNCH 12:30 PM	Salad Bar Turkey or Veggie Wraps Jamaican Patties Nacho Supreme Pudding Cups Fruit	Salad Bar Chicken Salad or Veggie Sandwiches Beef or Chicken Pies Poutine Bar Pudding Cups Fruit	Salad Bar Assorted or Veggie Sandwiches BBQ Ribs on a Bun Sweet Potato Fries Pudding Cups Fruit	Caesar Salad Flat Bread Pizza Watermelons Fruit	Salad Bar Roast Beef or Veggie Sandwiches Make Your Own Wraps Homemade Chips Pudding Cups Fruit	Salad Bar Turkey or Veggie Wraps Chicken Burgers Chips Pudding Cups Fruit	Salad Bar Tuna Salad or Veggie Sandwiches Fish Nuggets & Chips Pudding Cups Fruit
DINNER 5:30 PM	Salad Bar Penne with Marinara Sauce Meat Balls Garlic Cheese Rolls Juice & Milk Butter Tarts	Salad Bar Beef Stir Fry S & S Chicken Balls Egg Rolls Chow Mein Noodles Dinner Rolls Juice & Milk Apple Strudel	Salad Bar Beef or Chicken Fajitas Spanish Rice Grilled Onions & Green Peppers Dinner Rolls Juice & Milk Eclairs	Salad Bar Sushi Steak Shrimp Skewers Baked Potato Bar Dinner Rolls Juice & Milk Muskoka Mud Pie	Salad Bar Curry Chicken Swedish Meatballs Steamed Rice Corn Gravy Dinner Rolls Juice & Milk Brownies	Salad Bar Roast Turkey Ham Steak Garlic Mashed Potato Honey Glazed Carrots Dinner Rolls Juice & Milk Cupcakes	Fruits Burgers Sausages Smoked Beef Brisket Veggie Burgers Water Soft Drinks
EVENING SNACK	Apple Slices & Caramel Dip	Ice Cream Cones	Rice Crispy Squares	Cookies	Pastry Buns	Freezies	Cookies

BEVERAGES INCLUDE:

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 on your medical form before your stay so we may accommodate you.