

Group: Camp Napowan Menu, Week one

	SUNDAY	Monday	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>BREAKFAST</b>							Campers
Main		Baked Pcakes, Hormel sausage links (3), syrup, peaches	Scr. Eggs (4oz) w/ diced Hormel ham (1oz) & cheddar, smashed brown potatoes (1 cup) pineapple	Baked French tst, Hormel sausage patties (2), strawberry syrup	bacon (1oz), egg (4oz), sausage (2oz) & potato (4oz), coffee cake Pears	Biscuits (2), sausage gravy (½ cup), shredded hash browns (4oz) apple sc	Cinnamon rolls, Staff at kitchen: scr eggs, sausage links
Fruit		Hand fruit/ cereal	Hand fruit/ cereal	Hand fruit/ cereal	Hand fruit/ cereal	Hand fruit/ cereal	Hand fruit/ cereal
Juice		Aj, coffee, milk	Oj, coffee, milk	Pog, coffee, milk	Aj, coffee, milk	Oj, coffee, milk	Pog, coffee, milk
Dietary		Gf pck/ meat sub	No meat	Gf Ft/ meat sub	No meat	Gf bread/ no meat	
<b>LUNCH</b>							
Main	Staff lunch	Blackened chx (4oz), cheese (1oz), tater tots (4oz), baby carrots (8)	Beef frank (2), steak fries (4oz), cauliflower (2oz), cheese sauce (¼ cup)	Chx breast (1), mozza (1oz), marinara (¼ cup) , potato wedges (4oz), lettuce	Baked potato, 3 meat chili (1 cup), cheese sauce (¼ cup), broccoli (2oz)	Beef patty (1.5), Am chs, lettuce, tomato, corn chips, broccoli salad (½ cup)	No meal
Salad		Salad bar	Salad bar	Salad bar	Salad bar	Salad bar	
Bread		Tortilla wrap	Hot dog bun (2)	Hamburger bun	Corn bread	Hamburger bun	
Dietary		Blkn tofu	GF bun/ tofu dog	Grilled prtabella	Veg chili	Veg patty	
Beverage		Fruit punch, milk	Fruit punch, milk	Fruit punch, milk	Fruit punch, milk	Fruit punch, milk	
Fruit		Hand fruit	Hand fruit	Hand fruit	Hand fruit	Hand fruit	
<b>DINNER</b>							<b>**Thursday leaders</b>
Main	Pot roast (5oz), mashed potatoes (1 cup), gravy (¼ cup), grilled corn (2)	Penne (2.5 oz rw), turkey (2oz) meat sauce (1 cup), Italian blend vegetables (3 oz)	Mexi, ground beef (4oz), frijoles (½ cup), Spanish rice (1 cup), shred lettuce & cheese (1oz), salsa (½ cup)	Hormel pulled pork (5oz), BBQ sc. Baked beans (½ cup), maple slaw (½ cup)	Teriyaki chicken (5oz), rice (1 cup), Asian vegetable blend (3oz),	Rst Hormel pork loin (4 oz), rst potatoes (4oz), pan gravy (¼ cup), brown sugar carrots (3oz)	Prime rib, rice pilaf, mushroom gravy,
Salad	Salad bar	Salad bar	Salad bar	Salad bar	Salad bar	Salad bar	Spinach salad
Bread	Pan bread	Bread sticks (1)	Taco shells (2)	Biscuit (1)		Cheese bread	French loaves
Dessert	Chocolate cake	Ice cream cup	churro	Apple crisp	Orange cream bar	Choc. Pudding (½ cup)	Bread pudding
Beverage	Fruit punch, milk	Fruit punch, milk	Fruit punch, milk	Fruit punch, milk	Fruit punch, milk	Fruit punch, milk	Iced Tea
Fruit	Hand fruit	Hand fruit	Hand fruit	Hand fruit	Hand fruit	Hand fruit	
Dietary	Veg Cassoulet	GF pasta/no meat	No meat	BBQ tofu	Teriyaki veg	Grilled portabella	