

Group: Camp Napowan Menu, Week two

	SUNDAY	Monday	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST							
Main		French toast bake, Hormel sausage links (3), apple syrup	Scr. Eggs (4oz), diced potatoes (4oz) & sliced sausage (2oz) pineapple	Baked blueberry Pcakes, Hormel sausage patties (2), syrup peaches	Baked cheese omelet (4.5 oz), sliced Hormel ham (2oz), tstd English muffin (1) pears	Biscuits (2), sausage gravy (1 cup), shredded hash browns (4oz) apple sc	Cinnamon roll, Staff @ kitchen: Cinn roll, 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 FT/ meat sub	No meat	GF pck/ meat sub	Gf bun/ no meat	Gf bread/ no meat	
LUNCH							
Main	Staff lunch	Beef sloppy Joe (1 cup), corn chips, broccoli salad (1/2 cup)	Beef frank (2), steak fries (4oz), cauliflower (2oz), cheese sauce (¼ cup)	Meatballs (6), mozza (1oz), marinara, potato chips, baby carrots (8)	Cowboy 3 meat chili (1 ¼ cup), cheese sauce (¼ cup), tater tots (4oz)	Chx breast (1), Am chs, lettuce, tomato, potato chips, mac salad ½ cup	
Salad		Salad bar	Salad bar	Salad bar	Salad bar	Salad bar	
Bread		Hamburger bun	Hot dog bun	Hoagie bun	Corn bread	Hamburger bun	
Dietary		Gf bun/veg sloppy	GF bun/ Veg sub	GF bun/ tofu in sc	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	
DINNER							
Main	Beef meatloaf (6oz), sweet and spicy ketchup, mashed potatoes (1 cup), gravy (¼ cup), grilled corn (2oz)	Chicken (2oz) penne (2.5 oz rw) Alfredo (½ cup), garlic green beans (2oz)	Chicken(4oz) fajitas w/ peppers & onions (1oz), frijoles, Spanish rice (1 cup), shred lettuce & cheese (1oz), salsa (½ cup)	Hormel pulled pork (5oz), BBQ sauce (¼ cup), baked beans (½ cup), maple slaw (½ cup)	Orange chicken (5 oz), fried rice (1 cup), broccoli (2oz)	Rst Hormel baked ham (6oz), rst potatoes (4oz), pan gravy (¼ cup), brown sugar carrots (3oz)	
Salad	Salad bar	Salad bar	Salad bar	Salad bar	Salad bar	Salad bar	
Bread	Pan bread	Bread sticks (1)	Flour tortilla	Hamburger bun		Cheese bread	
Dessert	Chocolate cake	Ice cream cup	churro	Apple crisp	Orange cream bar	Choc. Pudding(½ c)	
Beverage	Fruit punch, milk	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	Hand fruit	
Dietary	Bean loaf	Gf pasta/ no meat	Corn tort/ no meat	Gf bun/ BBQ tofu	Orange Zucchini	Grilled portabella	