

Group: Owasippe Scout Reservation Menu, Week one

	SUNDAY	Monday	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>BREAKFAST</b>							campers
Main		Deep dish chocolate chip pancake, syrup, Hormel sausage links (3) peaches	Scr. Eggs (4oz) w/ diced Hormel ham & cheddar, smashed brown potatoes (1 cup), pineapple	Waffles (2), Hormel sausage patties (2), strawberry syrup	bacon (1oz), egg (4oz), sausage (2oz) & potato (4oz), coffee cake, Pears	Biscuits (2), sausage gravy (1 cup), shredded hash browns (4oz) apple sauce	Cinnamon rolls, Staff: cinn rolls, 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 pcake/ veg sub	Eggs no meat	GF sub/ veg patty	Veg fritata	Gf gravy/ meatless	GF cereal
<b>LUNCH</b>							At Sc & BH only
Main	Staff Brunch, chicken patty waffles, scr eggs, hash browns, feature items	Blackened chx (4oz), cheese (1oz), tater tots (4oz), Baby carrots (8)	Beef patty (1.5), Am chs, lettuce, tomato, corn chips, broccoli salad (½ cup)	Chx breast (1), mozza (1oz), marinara (¼ cup), potato wedges (4oz), lettuce	Hormel pulled pork (5oz), BBQ sc (¼ cup), baked beans (½ cup), maple slaw (½ cup)	Baked potato, 3 meat chili (1cup), cheese sauce (¼ cup), broccoli (3oz)	Staff meal: Italian sausage (2), mac & cheese (1 cup), salad
Salad		Salad bar	Salad Bar	Salad bar	Salad bar	Salad bar	
Bread		Tortilla wrap	Hamburger bun	Hamburger bun	Corn bread	Wheat roll	Hot dog bun (2)
Dietary		Bck tofu/ corn tort	Veg patty/ gf bun	Grilled portabella/ Gf bun	BBQ tofu	Veg chili	
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>							
Main	Beef Pot rst (5oz), mashed potatoes (1cup), gravy (¼ cup), grilled corn (2oz)	Penne (2.5oz rw) w/ ground turkey (2oz) meat sauce (1 cup), Italian blend vegetables (3oz)	Mexi, ground beef (5oz), frijoles (½ cup), Spanish rice (1 cup), shred lettuce & cheese (1oz), salsa (½ cup)	Steak night, w/ baked potato, corn on the cob (1) & salad w/ ranch	Teriyaki chicken (5oz), rice (1 cup), Asian vegetable blend (3oz),	Rst Hormel pork loin (4oz), rst potatoes (5oz), pan gravy (¼ cup), brown sugar carrots (2oz)	Staff, build your own sub, potato chips
Salad	Salad bar	Salad bar	Salad bar		Salad bar	Salad bar	
Bread	Pan bread	Bread sticks	Taco shells			Cheese bread	Hoagie roll
Dessert	Chocolate cake	Ice cream cup	churro	Choc chip cookie	Bomb pop jr.	Choc. Pudding (1/ cup)	
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	
<b>Dietary</b>	Veg Cassoulet	Gf pasta/ sauce		Eggplant steak	Teriyaki veg	Roast portabella	
		No meat					