

Camp Rock Enon – Summer Camp Menu 2021

Day	Breakfast	Lunch	Dinner	Social
Sunday	No Meal Service	Staff Lunch To Be Determined Each Week	Herb Roasted Turkey 4oz Mashed Potatoes 3oz w/ gravy 2oz Seasoned Corn 3oz Cake or brownie (1)	
Monday	Scrambled Eggs 3oz w/onion & cheese Turkey Sausage Patty (1) 1.5 oz Hash Brown patty (1) 2oz	1/4lb. Hamburger 4oz on WG bun (1) Lettuce leaf/sliced tomato Baked Beans 3oz Fresh baked cookie (1)	Breaded Chicken Parmesan 4oz Penne pasta 1oz. w/sauce 3oz Seasoned Mixed Vegetables 3oz Chocolate or Vanilla pudding 3oz	Veterans Social
Tuesday	Belgian Waffle (1) Syrup or fruit topping 1oz Turkey Sausage Link (2) 1oz	French Bread Cheese pizza (1) Potato Chips 1oz Carrot sticks (4) w/ranch dipping cup Frozen fruit cup or applesauce cup	Salisbury steak 4oz w/ gravy 2oz Oven Roasted Potato Medley 3oz Seasoned Green Beans 3oz Fresh baked Smores (1)	Eagle Social
			Leaders Dinner Pork roast 4oz Oven Roasted Potato Medley 3oz, Seasoned Green Beans 3oz garlic breadstick (1) & tossed salad, Assorted cakes	
Wednesday	Asst. Cereal (1) 1oz, milk 8oz Spiced apples 4oz Asst. Danish (1)	Brd. Chicken patty 4oz on WG bun (1) Lettuce leaf/sliced tomato Seasoned Green Beans 3oz Fresh baked cookie (1)	General Tso Stir Fry with Seasoned chicken strips 4oz Broccoli 4oz, Fried Rice 4oz WG vegetable eggroll (1) Apple Sauce or Fruit cup (1)	
Thursday	WG French Toast Sticks (6) 1.4oz Syrup or fruit topping 1oz Turkey Sausage Link(2) 1oz	Hot Dog (1) on WG bun (1) Chili & cheese sauce Seasoned Potato bites (4oz) Carrot sticks (4) w/ranch dipping cup Frozen fruit cup or applesauce cup	Oven Roasted Ham Steak 4oz Macaroni & Cheese 4oz Brown sugar Glazed Carrots 3oz Soft Pretzel bites (4)	OA Fellowship
Friday	Scrambled Eggs 3oz w/ onion & cheese Biscuit (1) w/turkey sausage gravy 2oz	Chicken tenders (4) w/dipping sauce Seasoned Corn 3oz Fresh baked cookie (1)	Pulled pork BBQ 4oz on WG bun (1) Coleslaw 1oz, BBQ Beans 3oz Ice Cream 4oz	
Saturday	Breakfast to go pack on request Granola Bar Apple Sauce or Fruit Cup Juice cup 4oz	No Meal Service	No Meal Service	
Beverages	Coffee, Iced Tea Water, Milk, Orange Juice Cup	Coffee, Iced Tea Water	Coffee, Iced Tea Water	Coffee, Iced Tea Water,
Food Bars	Assorted Dry Cereal Oatmeal & Grits WG bread, English Muffin, bagel Jelly packets, margarine, peanut butter Yogurt Bar – asst. yogurt, toppings Assorted Fresh Fruit Bar Mixed fruit cups, applesauce	Salad Bar w/ Lettuce mix, tomato, cucumber, carrots, mushroom, chick pea, olive, cheese, croutons, assorted dressing Canned Fruit, assorted pasta salad Soup & Chili Bar (asst. soups/chili) Peanut Butter & Jelly, WG Bread Assorted Fresh Fruit Bar	Salad Bar w/ Lettuce mix, tomato, cucumber, carrots, mushroom, chick pea, olive, cheese, croutons, assorted dressing Canned Fruit, assorted pasta salad Nacho Bar (chips, meat, beans, cheese, lettuce, salsa) Peanut Butter & Jelly, WG Bread Assorted Fresh Fruit Bar	

Menu is subject to change without prior notice. For more information go to www.sac-bsa.org/crefoodservice . WG = Whole Grain. **Red items contain gluten.**
Special dietary needs please notify kitchen staff in advance. Gluten free, Pork free, vegetarian and vegan substitutions are available upon request.
 The CRE kitchen and dining hall use and serve products that contain nuts, wheat, gluten, milk and soy products. Notify Kitchen Manager of any food allergies.