

Summer Camp Sample Menu



	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	Hot & Cold Cereals Yogurt Bar Veggie & Sausage Frittata Cinnamon Rolls & Danish Toast Diced Home Fries Juice & Milk	Hot & Cold Cereals Yogurt Bar Pancakes & Syrup Sausage Links Muffins & Banana Loaf Juice & Milk	Hot & Cold Cereals Yogurt Bar Ham Scrambled Eggs Muffins & Danish Toast Home Fries Stix Juice & Milk	Hot & Cold Cereals Yogurt Bar Glazed French Toast Sausage Patties Muffins & Danish Juice & Milk	Hot & Cold Cereals Yogurt Bar Southern Style Scrambled Eggs Tortillas Muffins & Danish Toast Diced Home Fries Juice & Milk	Hot & Cold Cereals Yogurt Bar Belgian Waffles Sausage Links Muffins & Danish Juice & Milk	Hot & Cold Cereals Yogurt Bar Open-Face McGriddle Muffins & Danish Mini Croissants Home Fries Stix Juice & Milk
LUNCH	Salad Bar Turkey or Veggie Wraps Philly Steak Sandwiches Nacho Supreme Pudding Cups Fruit	Salad Bar Chicken Salad or Veggie Sandwiches Beef or Chicken Pies Fries Pudding Cups Fruit	Salad Bar Assorted or Veggie Sandwiches Chicken Salad in Mini Yorkshire Sweet Potato Fries Pudding Cups Fruit	Caesar Salad SH (outdoor) Flatbread Pizza Watermelon WILD & JH (indoor) Salad Bar Flatbread Pizza Fruit	Salad Bar Roast Beef or Veggie Sandwiches Super Subs Home Made Chips Pudding Cups Fruit	Salad Bar Turkey or Veggie Wraps Chicken Burgers Chips Pudding Cups Fruit	Salad Bar Tuna Salad or Veggie Sandwiches Chili in Bread Bowl Potato Wedges Pudding Cups Fruit
DINNER	Salad Bar Pasta-Penne Marinara Sauce Meat Balls Sausage Garlic Cheese rolls Juice & Milk	Salad Bar Beef Stir Fry Sweet & Sour Chicken Balls Egg Rolls Chow Mein Noodle Dinner Rolls Juice & Milk	Salad Bar Beef or Chicken Fajita Spanish Rice Grilled Onions & Green Peppers Dinner Rolls Juice & Milk	Salad Bar Steak Maple Glazed Salmon Roasted Mini Red Potatoes Mixed Vegetables Dinner Rolls Juice & Milk	Salad Bar Curry Chicken Swedish Meatballs Steamed rice Corn Dinner Rolls Juice & Milk	Salad Bar Roast Turkey Ham Steak Garlic Mashed Potatoes Honey Glazed Carrots Gravy Dinner Rolls Juice & Milk	SUPER SATURDAY B.B.Q. Fruit Burgers Sausages Smoked Beef Brisket Veggie Burgers Baked Potato Bar Water
SNACK	Banana Bread Sherbet Ice Cup Apples	Rice Krispies Squares Chocolate Milk Bananas	Ice Cream Cones Churros Watermelon	Mini Brownies Powerballs Plums	Chocolate Chip Cookies Bowl of Cereal & Milk Apples	Granola Bars Popsicles Bananas	Cookies Funnel Cake Fries Strawberries

Our menu rotates on a three-week cycle and the 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.