



Camp Meal Factsheet

MEAL TIMES ARE MORE THAN JUST A CHANCE TO FILL UP. IT'S A TIME FOR THE ENTIRE CAMP TO BE TOGETHER

BREAKFAST	LUNCH	DINNER
North American Style	Student Lunch	Typical Dinner
<ul style="list-style-type: none"> • One Egg Dish • One of Meat Option: <ul style="list-style-type: none"> ◦ Bacon or Ham or Sausage • One Side Option: <ul style="list-style-type: none"> ◦ Hash Brown or ◦ Country Potatoes... etc • One Cereal Option • One Non-meat Option: <ul style="list-style-type: none"> ◦ Fruit or ◦ Yogurt or • Oatmeal Option... etc • One Pastry Option: <ul style="list-style-type: none"> ◦ Bread, bagel, toast, pancakes, waffles, french toast... etc 	<ul style="list-style-type: none"> • One warm Meat Option: <ul style="list-style-type: none"> ◦ Lasagna or ◦ Sandwich/hot dog or ◦ Burgers... etc • One warm Vegetarian Option: <ul style="list-style-type: none"> ◦ Grilled Cheese or ◦ Sandwich/burger or ◦ Pasta... etc • One Side Option: <ul style="list-style-type: none"> ◦ Salad or ◦ French fries/potato dish or ◦ Rice or beans • One Fruit Option: <ul style="list-style-type: none"> ◦ Banana or orange or apple 	<ul style="list-style-type: none"> • One warm Meat Option: <ul style="list-style-type: none"> ◦ Chicken strips or ◦ Pasta or ◦ Stir fry... etc • One warm Vegetarian Option: <ul style="list-style-type: none"> ◦ Tofu dish or ◦ Falafel or ◦ Plain pasta... etc • One Side option: <ul style="list-style-type: none"> ◦ Salad or ◦ French fries/potato dish or ◦ Rice or beans ◦ Garlic Bread... etc • One salad and fruit option

DRINKS

- Juice (all meals)
- Water (all meals)
- Milk (breakfast only)

DESSERT

- One of the following:
 - Cookies or
 - Jello or
 - Ice Cream
- Lunch and Dinner only

NOTE:

- Soda is not regular drink option