

# Camp Meals Factsheet

Tamwood Camps



Meal times are more than just a chance to fill up.  
It's a time for the entire camp to be together.

## North American Style BREAKFAST

- 👍 **One Egg Dish**
- 👍 **One Meat Option:**
  - > Bacon
  - > Ham
  - > Sausage
- 👍 **One Side Option:**
  - > Hash browns
  - > Country potatoes, etc.
- 👍 **One Cereal Option**
- 👍 **One Non-Meat Option:**
  - > Fruit
  - > Yogurt
  - > Oatmeal, etc
- 👍 **One Pastry Option:**
  - > Bread, bagel, toast, pancakes, waffles, French toast, etc

## Student LUNCH

- 👍 **One Warm Meat Option:**
  - > Lasagna
  - > Sandwich
  - > Hot dog
  - > Burger, etc
- 👍 **One Warm Vegetarian Option:**
  - > Grilled Cheese
  - > Sandwich
  - > Veggie burger
  - > Pasta, etc
- 👍 **One Side Option:**
  - > Salad
  - > French fries/potato dish
  - > Rice or Beans
  - > Garlic Bread, etc
- 👍 **One Fruit Option:**
  - > Banana, orange, or apple

## Typical DINNER

- 👍 **One Warm Meat Option:**
  - > Chicken strips
  - > Pasta Bolognese
  - > Chicken/Beef stir fry, etc
- 👍 **One Warm Vegetarian Option:**
  - > Tofu dish
  - > Falafel
  - > Pasta, etc
- 👍 **One Side Option:**
  - > Salad
  - > French fries/potato dish
  - > Rice or Beans
  - > Garlic Bread, etc
- 👍 **One Fruit Option:**
  - > Banana, orange, or apple

## DRINKS

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

Please note: Soda is not a regular drink option

## DESSERT

- 👍 **One of the following:**
  - > Cookies
  - > Jell-O Gelatin
  - > Ice Cream

Dessert not provided at breakfast.

*This list is not comprehensive and is subject to change depending on the camp location & food availability.*



**TAMWOOD**  
CAMPS

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