

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.



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CAMPS

www.tamwood.com