



Cole Canoe Base Menu

Units arriving early are responsible for their own menu prior to Sunday dinner. To purchase weekend meals or any additional supplies for the beast feast, please contact the camp office one week in advance.

	Breakfast	Lunch	Dinner
Sunday			Burgers/Buns Potato Chips Pickle Spears Carrots and Celery Watermelon Bug Juice/Water
Monday	Bagel/Cream Cheese Cold Cuts Jelly Juice/Milk *can choose cold meal opt.	Bread American Cheese Ham Soup Vegetable shred lettuce/dressing Fruit **	<h2 style="margin: 0;">BEAST FEAST</h2>
Tuesday	French Toast Syrup Hash Browns Sausage Links Juice/Milk *can choose cold meal opt.	Pita Pockets Chicken Strips Shredded Cheese Shredded Lettuce/dressing Vegetable Cookies Fruit **	Pork Chops Potatoes Applesauce Bread & Butter Vegetable Milk
Wednesday	Tortillas Scrambled Eggs Shredded Cheese Bacon-Hash browns Juice/Milk *can choose cold meal opt.	Philly Cheese Steak/bun Swiss Cheese onion, pepper shred lettuce/dressing Fruit Chips **	Chicken strips Tortilla/Vegies Shred Cheese/Lettuce Sour Cream/Salsa Fruit/Milk
Thursday	Flapjacks Syrup Sausage Links Juice/Milk *can choose cold meal opt.	Chicken Patties/Buns Celery Shredded Cheese/lettuce Oranges Chocolate Chip Cookies **	Meatballs/gravy Potatoes Salad/Dressing Vegetable Fruit Milk
Friday	English Muffins Egg Patties Sausage Patties Cheese Slices Juice/Milk *can choose cold meal opt.	Hot dog Bun Cheese Chili Fruit Chips	Steak Potatoes Vegetable Fruit Pudding Milk & Margarine
Saturday	Cereal (cold or hot) Pop Tarts Grape Juice/Milk	BREAD, PEANUT BUTTER & JELLY ARE ALWAYS AVAILABLE UPON REQUEST	*Cold Breakfast Available **Cold Cuts Available See Commissary Director for your options Note-see end attach for veg. menu
<u>Alternate meals available</u>	Cereal (cold or hot) Bagels&cream cheese Biscuits&sausage gravy	PEANUT BUTTER&JELLY Cold cuts&Cheese Grilled Cheese	Chicken parmesan, Veal Parmesan Meatballs, noodles, & gray Hamburger&buns

Gluten-free menu




	Breakfast	Lunch	Dinner
Sunday			Gluten-Free Bread Build-A-Burger
Monday	Gluten-free Bread, Jelly, ham, milk	Grilled Ham & Cheese on Gluten-Free Bread, Vegetables, Fruit, Juice	BEAST FEAST
Tuesday	Gluten-Free French Toast, Sausage Links, Hash browns	Corn Tortillas, Chicken Breast, Cookies, Veggies, Fruit	Pork Chops, Applesauce, Potatoes Gluten Free Bread
Wednesday	Corn Tortilla, Egg, Shredded Cheese Bacon	Gluten-Free Philly Cheese, Chips, Veggies, Fruit	Gluten-Free Fajita Shredded Cheese/ Lettuce Milk/Juice
Thursday	Gluten-Free Pancake, Fruit, Sausage	Gluten-Free Chicken Sandwich, Veggies, Fruit, Juice	Meatballs, Gluten-Free Potatoes Fruit, Salad
Friday	Gluten-Free Bread, Egg, Cheese Sausage Patty	Hot Dog W/ Gluten Free Bun Chips, Vegetables	Steak or Chicken, Potatoes, Pudding
Saturday	Gluten-Free Oatmeal	Please contact us with questions!	Have an outstanding week of camp!



Gluten free

Vegetarian menu



	Breakfast	Lunch	Dinner
Sunday			Veggie Patty, Potato Chips Pickle Spears, Vegetables, Fruit Bug Juice & Water
Monday	Bagel Cream Cheese Veggie Patty Juice & Milk	Grilled Cheese Fruit Vegetables Soup	BEAST FEAST
Tuesday	French Toast Veggie Patty Juice & Milk	Vegg Blend, Pita Cookies Fruit Juice	Black Bean Burger Vegetables Applesauce
Wednesday	Breakfast Burrito: Veggie Crumble Egg, Cheese Juice & Milk	Veggie Crumble Chips, Vegetables Fruit Bug Juice	Crumbles, Tortilla Salsa Cheese, Lettuce Juice & Milk
Thursday	Flapjack Veggie Patty Juice and Milk	Black Bean Burger Vegetables, Chips, Cookies Juice	Diced Potatoes Veggie Crumble Fruit, Salad Milk
Friday	Yogurt, Granola Fruit Juice & Milk	Garbanzo Beans, Lettuce Croutons, Cheese, Chips Juice	Mixed Veggie & Rice Pita Mashed Potatoes, Fruit Pudding, Milk
Saturday	Cereal Pop-Tarts Juice and Milk		