

YMCA CAMP FOSS SAMPLE MENU

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST		Blueberry Pancakes and Bacon	Scrambled Eggs and Banana Bread with Fruit Salad	Fresh Toast and Sausage Links	Bagels/Muffins and Fresh Fruit Platter	Breakfast Burritos with Hash Browns	Cinnamon Rolls and Omelets
LUNCH	Brunch	Asian Chicken Salad and Sweet Potato Fries	Tacos with all the Fixin's	Cold Cut Sandwiches, Carrot Sticks and Pretzels	Steak Fajitas with Grilled Peppers and Onions	Grilled Cheese and Tomato Soup	BLTs Pretzels Fruit Cups
DINNER	Homemade Mac & Cheese Chicken Teriyaki/ Veggie	Homemade Meatloaf with Mashed Potatoes and Veggie	Baked Potato Bar with Vegetarian Chili and Cornbread	Homemade Pizza and Caesar Salad	Pork Roast with Rice Pilaf and Veggie	Fettucine Alfredo with Grilled Chicken and Veggie	Cookout - Hamburgers Hot Dogs Veggie Burgers Salad Potato Salad

Additional options available for breakfast: Cereal, yogurt, fruit etc.; Lunch/Dinner: Sun butter/jelly sandwiches, full salad bar. We try to accommodate dietary restrictions at each meal: Vegetarian & Gluten Free (dairy free and vegan when needed)

