



## Sample Overnight Meal Menu

|                 | Dinner   | Breakfast  | Lunch   |
|-----------------|--|--|---|
| <b>Option A</b> | Chicken Pot Pie<br>Green Beans<br>Homemade Bread<br>Applesauce<br>Lemonade                   | Flapjacks<br>Scrambled Eggs<br>Bacon<br>Orange juice<br>Hot Cocoa        | Turkey Sandwich<br>(Hoagie roll w/ veggies)<br>Bag of Chips<br>Lemonade                 |
| <b>Option B</b> | Lemon Chicken<br>Green Salad w/ Dressing<br>Ranch Beans & Biscuit<br>Apple crisp<br>Lemonade | French Toast Casserole<br>Breakfast Sausage<br>Orange Juice<br>Hot Cocoa | BBQ Beef Sandwich<br>Potato Salad<br>Baked Beans<br>Green Salad w/ Dressing<br>Lemonade |

\*Please inform us if you have any vegetarians and we can provide alternative options. Some vegetarian lunch menu options include: Grilled Veggie Sandwiches on Hoagie Rolls, Gourmet Mac and Cheese, Garlic Green Beans, Lentil Soup

\*\*Campers with food allergies may bring substitutions and we will store them if labeled with name, group and camp date.