2023 Camp Sequassen Menu Week: 2-4-6

	Breakfast 8:00 AM	Lunch 12:30 PM	Dinner 6:00 PM
Sunday		Sliced Cold cut meats &	Sliced Roast beef w/ gravy
		_S cheese	Oven roasted potatoes
		T Sliced Bread	Green beans
		A Cold Chicken	Tossed salad w/ dressing
		F Lettuce & Tomato	Bread & butter
		Condiments	Fresh Fruit
		Pasta Salad	Ice Cream
		Milk/Beverage	Milk/Beverage
Monday	Fruit Juice	Chicken Sandwich	Pasta & Meatballs
	Pancakes w/ syrup	Hamburger rolls	Tossed salad w/dressing
	Breakfast Sausage Links	Lettuce & Tomato	Bread & butter
	Cold Cereal	Condiments	Italian Ice
	Milk/Hot chocolate	Fresh fruit	Milk/Beverage
	Fresh fruit	Pasta Salad Brownies	
		Milk/Beverage	
Tuesday	Fruit Juice	Hamburger w/Rolls	Roast Loin of Pork w/
Tuosuay	Scrambled Eggs	Sliced Cheese	gravy
	Sliced Ham	Lettuce & Tomato	Apple Sauce
	Bagels w/ cream cheese	French Fries	Italian Mix Vegetable
	Home fried potatoes	Tossed Salad	Buttered Noodles
	Milk/Hot chocolate	Popsicles	Bread & butter
	Fresh fruit	Milk/Beverage	Gingerbread/ Topping
		•	Milk/Beverage
Wednesday	Fruit Juice	Meatball Subs	Mexican Wrap
	Belgian Waffles	Salad w/ dressing	Chicken
	Sausages	Potato Chips	Shredded lettuce & cheese
	Cold Cereal	Jell-O with Whipped Cream	Diced tomato & olives
	Milk/Hot chocolate	Milk/Beverage	Salsa, sour cream
	Fresh fruit		Corn chips
			Ice Cream
Thursday	Fruit Juice	Chieken Nuggete	Milk/Beverage
Thursday	Ham & Cheese Omelets	Chicken Nuggets Macaroni & Cheese	Roast Turkey w/ Gravy Stuffing
	Home Fries	Tossed Salad	Mashed Potatoes
	Croissants	Corn Chips	Mix Vegetable
	Milk/Hot chocolate	Pudding w/ whipped cream	Bread & Butter
	Fresh fruit	Milk/Beverage	Cake
			Milk/Beverage
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Friday	Fruit Juice	Cheese Pizza	Lemon Chicken
	French Toast w/ syrup	Antipasto salad	Rice
	Sausage Patty	Fresh fruit	Medley of Vegetables
	Cold Cereal	Cookies	Tossed salad w/dressing
	Butter	Milk/Beverage	Apple Tart
	Milk/Hot chocolate		Bread & Butter
Saturday	Fresh fruit	luice	Milk/Beverage
Saturday	Fruit Juice Sweet Breads		
9:30 – 10:30 AM	Scrambled eggs		
	Ham Penne Pasta with Chicken, Broccoli, Pesto Home fried potatoes		
	Milk/Hot choco		
	Fresh fru	it medley	

Menu subject to change due to availability

2023 Camp Sequassen Menu

Week: 1-3-5-7

Sunday Sunday Siliced cold cuts & cheese Siliced Bread T Lettuce & Tomato A Condiments F Pasta Salad F Milk/Beverage Monday Fruit Juice Pancakes w/ syrup Sausage Links Cold Cereal Butter Milk/Hot chocolate Fresh fruit Tuesday Fruit Juice Scrambled eggs Sliced ham Bread & butter Ice Cream Milk/Beverage Chicken Nuggets Macaroni & Cheese Tossed Salad w/ dre Bread & butter Corn Chips Italian ice Milk/Beverage Milk/Beverage Taco Tuesday Soft Shell Scrambled eggs Soft Shell Bagels w/ cream cheese Home fried potatoes Milk/Hot chocolate Fresh fruit Fresh fruit Milk & Beverage Milk/Beverage Bread & butter Milk & Beverage Roast Loin of Port Salsa / Cheese Buttered Noodle Bagels w/ cream cheese Home fried potatoes Milk/Hot chocolate Fresh fruit Milk & Beverage Milk & Beverage Gingerbread/ Top	gravy toes essing essing k w/
Monday Fruit Juice Pancakes w/ syrup Sausage Links Cold Cereal Butter Milk/Hot chocolate Fresh fruit Tuesday Fruit Juice Sarambled eggs Sliced bread Tossed Salad w/ dre Bread & butter Corn Chips Butter Milk/Beverage Milk/Beverage Taco Tuesday Fruit Juice Scrambled eggs Sliced ham Bagels w/ cream cheese Home fried potatoes Milk/Hot chocolate Milk/Hot chocolate Popsicles Sliced bread Oven roasted pota Green Beans Tossed Salad Bread & butter Colicken Nuggets Macaroni & Cheese Tossed salad w/ dre Bread & butter Corn Chips Italian ice Milk/Beverage Milk/Beverage Fraco Tuesday Soft Shell Lettuce & Tomato Salsa / Cheese Nachos & Cheese Sauce Nachos & Cheese Sauce Buttered Noodle Bread & butter	essing essing llls essing
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Monday Fruit Juice Pancakes w/ syrup Sausage Links Cold Cereal Butter Milk/Hot chocolate Fresh fruit Tuesday Fruit Juice Fresh gravy Sliced ham Bagels w/ cream cheese Home fried potatoes Milk/Hot chocolate Pages Home fried potatoes Milk/Hot chocolate Pasta & Meatba Tossed salad w/ dre Bread & butter Corn Chips Italian ice Milk/Beverage Milk/Beverage Milk/Beverage Fraco Tuesday Roast Loin of Porl Scrambled eggs Soft Shell gravy Sliced ham Lettuce & Tomato Apple Sauce Buttered Noodle Bread & buttered Bread & buttered Fopsicles	lls essing - k w/
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Milk/Hot chocolate Fresh fruit Tuesday Fruit Juice Scrambled eggs Soft Shell Sliced ham Bagels w/ cream cheese Home fried potatoes Milk/Hot chocolate Milk/Hot chocolate Milk/Beverage Taco Tuesday Roast Loin of Porl Soft Shell Gravy Lettuce & Tomato Apple Sauce Salsa / Cheese Italian Mix Vegeta Buttered Noodle Milk/Hot chocolate Popsicles Bread & butter	k w/
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Milk/Beverage	, -
Wednesday Fruit Juice Meatball Subs Mexican Wrap	
Belgian Waffles Salad with dressing Chicken	
Sausages Pasta Salad Shredded lettuce & c	heese
Cold Cereal Brownies Diced tomato & ol	ives
Milk/Hot chocolate Milk/Beverage Salsa, sour crea	m
Fresh fruit Corn chips	
Ice Cream	
Milk/Beverage	ł
Thursday Fruit Juice Hot dogs on rolls Roast Turkey w/ g	ravy
Ham & Cheese Omelets Potato Chips Stuffing	•
Home Fries Baked beans Mashed potatoe	es
Croissants Condiments Mix Vegetables	3
Milk/Hot chocolate Fresh fruit Bread & butter	
Fresh fruit Pudding w/ whipped cream Cake	
Milk/Beverage Milk/Beverage	
Friday Fruit Juice Cheese Pizza Lemon Chicker	1
French toast w/ syrup Antipasto salad Rice	
Sausage patties Fresh fruit Medley of Vegetal	oles
Cold Cereal Cookies Tossed salad w/dre	ssing
Milk/Hot chocolate Milk/Beverage Apple Tart	_
Fresh fruit Bread & Butter	ſ
Milk/Beverage	<u> </u>
Saturday Fruit Juice	
9:30 – 10:30 AM Sweet Breads	
Scrambled eggs	
Ham	
Penne Pasta with Chicken, Broccoli, Pesto	
Home Fried Potatoes	
Milk/Hot Chocolate/Beverage	
Fresh fruit medley	

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