

# CAMP STEVENS

## SAMPLE MENU

The kitchen team is very much looking forward to your child's attendance at camp. We are preparing a menu filled with fun, healthy, and tasty food. The menu is an ever-evolving experience throughout the summer. As new items ripen or are harvested from our gardens – often by the campers themselves or being made available from other local sources – we are excited to adapt the menu to meet those resources. Also, there may be a special meal that works off a theme or highlights a culture or region.

### *Breakfast*

Every morning we have as wholesome cereal, homemade granola, our fresh camp-baked bread for toast, Camp Stevens Oatmeal, and fresh fruit. Breakfast may include:

- Scrambled or Hard-boiled Eggs (from our own Camp Stevens chickens)
- Turkey Sausages
- Fresh Baked Muffins
- Buttermilk Pancakes
- French Toast
- Egg, Veggie, and Cheese Frittatas
- Tofu Scramble

### *Lunch*

You can count on fresh fruit, a soup made from scratch, a garden salad or cut veggies, hummus, and dip, and Camp-baked bread (with peanut butter and jam) available. Lunch may include:

- Build Your Own Tacos
- Macaroni and Cheese
- Turkey Burgers and Home-cut Baked Potatoes
- Grilled Cheese Sandwiches with Tomato Soup
- Four Bean Chili and Baked Potatoes
- Fresh-made Pizza or Pizza Buns

### *Dinner*

Twice a week, the campers get to enjoy cooking their own dinner out on the trail over a camp stove or campfire. When they are not on a cookout, their dinner includes seasonal veggies from our garden or farm, Camp-baked breads, and a dessert along with such items as:

- Spaghetti, Baked Penne or Lasagna with garlic bread and Caesar salad
- BBQ or Roasted Chicken with roasted potatoes
- Enchiladas with rice, chips, salsa, and guacamole
- Sweet and Sour Chicken and rice
- Meatloaf and sauce with mashed potatoes