

Food Philosophy

We take great care to serve wholesome foods that parents approve of and kids love. We build our menu around fresh produce, scratch-baked breads and desserts, free-range chicken and turkey, camp-raised eggs (when available), organic dairy products, and seasonal garden herbs and veggies. Food is served family-style and campers have lots of options on the table to ensure they get plenty to eat.

We gather as a whole camp for breakfast, lunch and dinner each day, and every afternoon campers have a snack with their Adventure Group.

Breakfast:

Every morning we offer a variety of staples like wholesome cereal, homemade granola, our fresh camp-baked bread for toast, oatmeal, orange juice and fresh fruit. In addition, breakfast may include one of the following:

- Pancakes and Sausage
- Eggs, Hash browns and Biscuits
- Breakfast Burritos

Lunch

The midday meal is a great chance for campers to refuel after a busy morning. Items on the lunch menu include fresh fruit and salad or veggies, and potentially one of the following:

- Grilled Cheese and Tomato Soup
- Chicken Caesar Salad
- Pizza

Dinner

Twice a week, 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, campers might dig into:

- Turkey Burgers and Potato Wedges
- Spaghetti with Marinara Sauce
- Teriyaki Chicken with Veggies and Rice
- And of course Dessert!

Camper Dietary Needs and Food Allergies

We're equipped to provide alternatives for our vegan, vegetarian, lactose free, gluten free and allergy-affected campers. The kitchen staff are committed to taking camper allergies seriously to ensure everyone has a safe experience while at camp. Please include your camper's dietary needs with registration and let us know of any changes prior to your session so the Kitchen can prepare.