

Camp Sea Gull & Camp Seafarer
Y-Guides & Princesses
Spring Outings Menu - 2012

Friday

(8:30pm)

Ice Cream Social

3 lines

Ice cream

Saturday

(7:30am)

Breakfast

coffee and hot choc. on porch at 6:30am

Scrambled Eggs

Sausage Patty

Toasted English Muffin

Butter

Sliced Cheese

Fresh Melon Slices

Cheerios & Cap'n Crunch

Whole fruit in aisles

Milk, Juice, Water, Coffee

Sunday

(6:30am-8:30ish)

Continental B'fast

Assorted Individual Granola Bars

Assorted Individual Yogurt

Assorted Individual Cereals

Whole Fruit (bananas, apples, oranges)

Individual Milk and Orange Juice

Coffee and Hot Chocolate

(begins 11:30am)

Lunch

OUTSIDE BUFFET

Grilled Chicken

Peppers, Onions, Grilled Tomatoes

Shredded Lettuce, Tomato, Cheese

Pita Bread

Hummus & Tzatziki Sauce

Cranberry & Raisin Israeli Couscous Salad

Baby Carrots, Celery & Ranch

Pretzels

Sugar Cookies

Whole Fruit

Lemonade, Water

(Veggie Burger (sliced) on request)

(9:30am-11:15am)

Brunch

BUFFET (2 lines)

Scrambled Eggs

Biscuits (butter/jelly)

Sausage Gravy

Home Fries

Ham Carving Station

Fresh Fruit Tray

Cereal Station

Beverage Station

(Milk, Juice, Water, Coffee, Hot Chocolate)

(6pm)

Dinner

Local Camp Signature BBQ Pork

Macaroni & Cheese

Homemade Coleslaw

Fresh Seasoned Green Beans

Cornbread with Butter

Spinach Salad (balsamic, ranch)

Yellow Cake with Chocolate Icing

Milk, Bug Juice, Iced Tea, Water

(tofu on request for vegetarians)

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DAIRY ALLERGY

Friday

(8:30pm)

Ice Cream Social

3 lines

Ice cream

Saturday

(7:30am)

Breakfast

coffee and hot choc. on porch at 6:30am

Scrambled Eggs

Sausage Patty

Toasted English Muffin

Butter

Sliced Cheese

Fresh Melon Slices

Cheerios & Cap'n Crunch

Whole fruit in aisles

Milk, Juice, Water, Coffee

Sunday

(6:30am-8:30ish)

Continental B'fast

Assorted Individual Granola Bars

Assorted Individual Yogurt

Assorted Individual Cereals

Whole Fruit (bananas, apples, oranges)

Individual Milk and Orange Juice

Coffee and Hot Chocolate

(begins 11:30am)

Lunch

OUTSIDE BUFFET

Grilled Chicken

Peppers, Onions, Grilled Tomatoes

Shredded Lettuce, Tomato, Cheese

Pita Bread

Hummus & Tzatziki Sauce

Cranberry & Raisin Israeli Couscous Salad

Baby Carrots, Celery & Ranch

Pretzels

Sugar Cookies

Whole Fruit

Lemonade, Water

(Veggie Burger (sliced) on request)

(9:30am-11:15am)

Brunch

BUFFET (2 lines)

Scrambled Eggs

Biscuits (butter/jelly)

Sausage Gravy

Home Fries

Ham Carving Station

Fresh Fruit Tray

Cereal Station

Beverage Station

(Milk, Juice, Water, Coffee, Hot Chocolate)

(6pm)

Dinner

Local Camp Signature BBQ Pork

Macaroni & Cheese

Homemade Coleslaw

Fresh Seasoned Green Beans

Cornbread with Butter

Spinach Salad (balsamic, ranch)

Yellow Cake with Chocolate Icing

Milk, Bug Juice, Iced Tea, Water

(tofu on request for vegetarians)

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Spring Outings Menu - 2012

GLUTEN ALLERGY

Friday

(8:30pm)

Ice Cream Social

3 lines

Ice cream

Saturday

(7:30am)

Breakfast

coffee and hot choc. on porch at 6:30am

Scrambled Eggs

Sausage Patty

Toasted English Muffin

Butter

Sliced Cheese

Fresh Melon Slices

Cheerios & Cap'n Crunch

Whole fruit in aisles

Milk, Juice, Water, Coffee

Sunday

(6:30am-8:30ish)

Continental B'fast

Assorted Individual Granola Bars

Assorted Individual Yogurt

Assorted Individual Cereals

Whole Fruit (bananas, apples, oranges)

Individual Milk and Orange Juice

Coffee and Hot Chocolate

(begins 11:30am)

Lunch

OUTSIDE BUFFET

Grilled Chicken

Peppers, Onions, Grilled Tomatoes

Shredded Lettuce, Tomato, Cheese

Pita Bread

Hummus & Tzatziki Sauce

Cranberry & Raisin Israeli Couscous Salad

Baby Carrots, Celery & Ranch

Pretzels

Sugar Cookies

Whole Fruit

Lemonade, Water

(Veggie Burger (sliced) on request)

(9:30am-11:15am)

Brunch

BUFFET (2 lines)

Scrambled Eggs

Biscuits (butter/jelly)

Sausage Gravy

Home Fries

Ham Carving Station

Fresh Fruit Tray

Cereal Station

Beverage Station

(Milk, Juice, Water, Coffee, Hot Chocolate)

(6pm)

Dinner

Local Camp Signature BBQ Pork

Macaroni & Cheese

Homemade Coleslaw

Fresh Seasoned Green Beans

Cornbread with Butter

Spinach Salad (balsamic, ranch)

Yellow Cake with Chocolate Icing

Milk, Bug Juice, Iced Tea, Water

(tofu on request for vegetarians)