

**FIRE MOUNTAIN SUMMER CAMP MENU** (subject to change)

Menu - WORKING								
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<b>Breakfast</b>		Pancakes Sausage Links Apple Sauce	Mountain Man Coffee Cake Pears	Biscuits and Sausage Gravy Hash browns Cantaloupe	French Toast Eggs Peaches	Scrambled Eggs with Ham** Sausage Links County Potatoes	Cinnamon Rolls Hard Boiled Egg Apples	
		Milk Water Hot/Cold Cereal	Milk Water Hot/Cold Cereal	Milk Water Hot/Cold Cereal	Milk Water Hot/Cold Cereal	Milk Water Hot/Cold Cereal		
VEG		Veggie Sausage Links	Veggie/DF Mountain Man	Veg/DF/ Gravy	Veggie Sausage	Veggie Sausage		
DF		DF/GF Pancakes Soy Milk	Veggie/DF Mountain Man Soy Milk	Veg/DF Gravy Soy Milk	DF/GF Pancakes Soy Milk	Soy Milk		
GF		DF/GF Pancakes		GF Biscuits	DF/GF Pancakes			
		<b>BREAKFAST BAR</b> Oatmeal - Cereal – Fruit – Bagels – Cream Cheese						
<b>Lunch</b>	Mon, Tues, Fri lunch menu varies weekly	Grilled Cheese Tomato Soup Carrot Sticks Potato Chips	Pizza Garlic Bread Salad**	Hamburger - Cheese - Pickle - Lettuce Baked Beans	Chili Dog - Cheese - Onions Corn on the Cob	Meatball Subs Chips Carrot Sticks		
		Spaghetti Meatballs Garlic Bread	Pulled Pork Coleslaw Jo-Jo Wedges			Open Roast Beef Sandwiches Mashed Potato		
		Cookies	Jello	Watermelon	Salad** Cookie	Salad** Apple		
		Juice Water Salad Bar	Juice Water Salad Bar	Juice Water Salad Bar	Juice Water Salad Bar	Juice Water Salad Bar		
VEG			Veggie Pulled	Veggie Burger	Tofu Dog			
DF								
GF		GF Bun	GF Bun		GF Bun	GF Bun		
<b>Dinner</b>	Salisbury Steak Mac n Cheese Peas and Carrots	Turkey Mashed Potato Stuffing Corn	Taco Night Spanish Rice Refried Beans	<i>AT CAMPSITE</i> Beef Stew - Potatoes - Carrots - Celery Rolls	Baked Ham Scalloped Potatoes Dinner Roll Green Beans	<i>FAMOUS BBQ</i> 1/2 Chicken Coleslaw Macaroni Salad Baked Beans		
	Ice Cream Sundae Social	Pudding Tart	Brownies	S'mores	Cake	Cookies		
	Milk Water Salad Bar	Milk Water Salad Bar	Milk Water Salad Bar	Juice	Milk Water Salad Bar	Juice Water		
	VEG	Veggie Steak	Veggie Patty	Veggie Patty	Veggie Patty	Veggie Patty		Tofu Stir Fry
DF	Pasta Soy Milk	Broccoli Soy Milk	Soy Milk	Soy Milk	Soy Milk			
GF	GF Pasta	GF Teriyaki Sauce	GF Roll		GF Gravy	GF Pasta Salad		