

2022 Fire Mountain Summer Camp Menu (subject to change)

Menu A 2022							
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast		Pancakes Sausage Apple Sauce	Mountain Man Coffee Cake Pears Cereal	Biscuits and Sausage Gravy Hash browns Cantaloupe Cereal	French Toast Sausage Peaches	Ham and eggs Country potatoes Cereal	Cinnamon Rolls Granola bar
		Milk Water	Milk Water	Milk Water	Milk Water	Milk Water	
		BREAKFAST BAR Oatmeal - Fruit					
VEG		Veggie Sausage	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		
Lunch		Teriyaki chicken burger Coleslaw Jo Jos	Bacon Chicken wrap Tater Tots Fruit	Hamburger - Cheese - Pickle - Lettuce Baked Beans Fruit de jour	Chili Dog - Cheese - Onions Chips	Pulled pork Cheese Corn on cob Chips	
		Juice Water Salad	Juice Water Salad	Juice Water Salad	Juice Water Salad	Juice Water Salad	
VEG			Veggie Pulled	Veggie Burger	Tofu Dog		
DF		Toast					
GF		GF Bread	GF Bun	GF Bun	GF Bun	GF Bun	
Dinner	Burritos Refried beans veggie	Turkey Mashed Potatoes Stuffing Corn	Beef stroganoff May substitute spaghetti Veggie Roll Brownies	<u>AT CAMPSITE</u> Beef Stew - Potatoes - Carrots - Celery Rolls S'mores	Ham Scalloped Potatoes Green Beans Pudding	Famous BBQ 1/2 Chicken Coleslaw Mac salad Baked Beans Cookies	
	Ice Cream Sundae Social	Cookies					
	Water Salad	Water Salad	Water Salad		Water Salad	Water Salad	
VEG	Bean burrito	Turkey Alternative	Veggie Patty	Veggie Patty	Veggie Patty	Tofu Stir Fry	
DF	Pasta Soy Milk	Soy Milk	Soy Milk	Soy Milk	Soy Milk		
GF	GF Pasta		GF Roll		GF Gravy	GF Pasta Salad	