



## **MINI CAMP MENU**

### **SUNDAY**

**DINNER:** Lasagne, sautéed mushrooms and spinach, garlic bread, and chicken Caesar salad

### **MONDAY**

**BREAKFAST:** Pancakes, bacon, hard boiled eggs

**LUNCH:** Grilled cheese, tomato soup

**DINNER:** Teriyaki chicken, steamed rice, veggie stir fry, pork potstickers

### **TUESDAY**

**BREAKFAST:** Scrambled eggs and hash browns

**LUNCH:** Hot dogs, vegan chili and Frito chips

**DINNER:** Chicken parmesan, Alfredo Tortellini, roasted Brussels sprouts

### **WEDNESDAY**

**BREAKFAST:** Waffles with strawberries and cream, hard-boiled eggs, pork sausage

**LUNCH:** Tacos, pinto beans, corn chips, salsa and guac, Tex-Mex corn salad

**DINNER:** Chicken pot pie, mashed red potatoes

### **THURSDAY**

**BREAKFAST:** Scrambled eggs, frosted cinnamon rolls, avocado toast

**LUNCH:** Chicken strip wraps, broccoli salad

**DINNER:** Pizza (choice of cheese and meat)

### **FRIDAY**

**BREAKFAST:** French toast, pork sausage links, hard boiled eggs

**LUNCH:** Cheese quesadillas, pinto beans, chips with salsa and guacamole

**DINNER:** Gourmet burgers (beef or veggie), curly fries, sparkling apple cider

\*all meals include GF & Vegan options