



## **Mini Camp 2**

### **MONDAY**

**DINNER:** Lasagna, meatballs & garlic bread

### **TUESDAY**

**BREAKFAST:** Pancakes, hard-boiled eggs & sausage

**LUNCH:** Pizza: ham and pineapple or cheese

**DINNER:** Tacos w/ beef, pinto beans, lettuce, salsa, sour cream, tortilla chips  
& guacamole

### **WEDNESDAY**

**BREAKFAST:** Scrambled eggs, cinnamon rolls, hashbrowns

**LUNCH:** Hot dogs, grilled onions, frito chips

**DINNER:** Orange chicken, jasmine rice, baked tofu, onions and peppers

### **THURSDAY**

**BREAKFAST:** Omelettes, blueberry muffins, scrambled eggs, berry fruit salad

**LUNCH:** Quesadillas with chicken and cheese, black bean and corn salad, corn  
chips, salsa

**DINNER:** Chicken pot pie, potato wedges, bread rolls

### **FRIDAY**

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

**LUNCH:** Chicken strip wraps, macaroni and cheese

**DINNER:** Burgers w/fixings & fruit

### **SATURDAY**

**BREAKFAST:** Continental (muffins, bars, fruits, yogurt, cereal, bagels)

\*all meals include GF & Vegan options