



CAMP FREEDOM DINING MENU 2023



Weeks

	2/4/6	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Breakfast	Served Daily Assorted cereals Milk Juice Oatmeal Yogurt Salad with Lunch & Dinner	<u>Breakfast Sandwich</u> English Muffin Sausage Egg Cheese Breakfast Potato Fresh Fruit	<u>Biscuits & Gravy</u> Buttermilk Biscuits Sausage Gravy Breakfast Potato Fresh Fruit	<u>Buttermilk Pancakes</u> Pancakes Sausage Breakfast Potato Syrup Fresh Fruit	<u>Scrambled Eggs</u> Eggs Bacon Cheese Breakfast Potato Fresh Fruit	<u>French Toast</u> Sausage Links Syrup Breakfast Potato Fresh Fruit	<u>Continental</u> Pastries Muffins Assorted fruit	
		Lunch	Wowbutter & Jelly Sandwich available as a mealtime alternative	<u>BBQ Pulled Chicken</u> Roll Baked Beans Fruit Cup Water	<u>Hot Dog</u> Condiments Potato Chips Fruit Cup Water	<u>Chicken Enchilada Bake</u> Seasoned Chicken Shredded Cheese Tortillas Corn Fruit Cup Water	<u>Chicken Tenders</u> Coleslaw Dipping Sauce Fruit Cup Water	<u>Walking Taco</u> Chips Seasoned Beef Shredded Cheese Steamed Rice Fruit Cup Water
Dinner	<u>Chicken Drumstick</u> Mashed Potatoes Gravy Corn Apple Crisp			<u>Lasagna</u> Meat Sauce Breadstick Zucchini Pudding	<u>Heritage Bowl</u> Popcorn Chicken Mashed Potatoes Corn Gravy Brownie	<u>Swedish Meatballs</u> Buttered Noodles Seasoned Peas Dinner Roll Fresh Baked Cookie	<u>Cookout Night</u> Steak Onions Redskin Potatoes Baby Carrots Dessert	<u>Chicken Cacciatore</u> Chicken Breast Peppers & Onions Italian Rice Green Beans Cake

Visit www.lhcscouting.org/camping/summer for more information and to access the allergy form