

# CAMP KAMAJI FOR GIRLS

## SAMPLE MENU

### SUNDAY

#### BREAKFAST

Goopy Rolls \*  
Scrambled Eggs  
Assorted Cold Cereals  
Fresh Fruit  
Fruit Juice/Hot Chocolate  
Milk/Water

#### LUNCH

Patty Melts  
Ketchup/Mustard/Relish/Onion  
Sweet Potato Fries  
Veggie Platter with Ranch Dressing  
Salad Bar includes PBJ\*\*/Bread  
Bug Juice\*\*\*/Water  
Vegetarian Alternative: "Veggie" Melts  
Rice Krispie Bar ~ Fresh Fruit Option

#### DINNER

Linguini with Alfredo Sauce  
Garlic Toast  
Caesar Salad  
Mixed Vegetables  
Milk/Water  
Raspberry Truffle Ice Cream-  
Fresh Fruit Option

### MONDAY

#### BREAKFAST

Chocolate Chip Pancakes  
Margarine/Syrup  
Assorted Cold Cereals  
Fresh Fruit  
Fruit Juice/Hot Chocolate  
Milk/Water

#### LUNCH

Wrap-Rage  
-Wrap Fillings: Greek Salad, olives, feta  
-Marinated Grilled Chicken  
-Wrap  
SunChips  
PBJ/Sandwich Bread  
Bug Juice/Water  
Caramel Ribbon Bar - Fresh Fruit Option

#### DINNER

Grilled Steak Bites  
Wild Rice Pilaf  
Green Beans  
Cranberry Sauce  
Dinner Rolls/Margarine  
Milk/Water  
Vegetarian Alternative: Chili  
  
Salad Bar includes PBJ/Bread  
Strawberry Shortcake - Fresh  
Fruit Option

### TUESDAY

#### BREAKFAST

Breakfast Burritos  
-Scrambled Eggs  
-Warm Tortillas  
-Add-ons: Grated Cheddar  
Cheese/ Picante Sauce  
English Muffins/Margarine/Jam  
Assorted Cold Cereals  
Fresh Fruit  
Fruit Juice/Hot Chocolate  
Milk/Water

#### LUNCH

Picnic Lunch  
Turkey Breast Submarine Sandwiches  
-Add-ons: Cheese, Lettuce, Tomato  
-French Bread Loaves  
Potato Chips  
Carrot Sticks/Sliced Pickles  
PBJ/Sandwich Bread  
Bug Juice/Water  
Cookies/Fresh Fruit

#### DINNER

Outdoor BBQ  
Grilled Hamburgers  
Hamburger Buns  
Add-ons: Relish/Ketchup/Mustard/  
Onion/ Cheese Sauce  
French Fries  
Corn-on-the-Cob  
Fresh Vegetable Platter  
Chef's Salad  
Bug Juice/Water  
Vegetarian Alternative: Veggie  
Burger  
Ice Cream Novelty - Fresh Fruit  
Option

### WEDNESDAY

#### BREAKFAST

French Toast  
Margarine/Maple Syrup  
Assorted Cold Cereals  
Fresh Fruit  
Fruit Juice/Hot Chocolate  
Milk/Water

#### LUNCH

BLTs  
-Bacon, Lettuce, Tomato, Mayonnaise  
-PBJ/Sandwich Bread  
Veggie Platter with Honey Mustard Dip  
Vegetarian Vegetable Soup  
Cheetos  
Vegetarian Alternative: Almost Eggless  
Egg Salad  
Bug Juice/Water  
Brownies - Fresh Fruit Option

#### DINNER

Baked Ziti  
Grated Parmesan Cheese  
Breadsticks/Margarine  
Pasta Blend Vegetables  
Salad Bar includes PBJ/Bread  
Milk/Water  
Lemon Bar - Fresh Fruit Option

— Please Turn Over —

**THURSDAY****BREAKFAST**

Hot Oatmeal  
 Add-ons: Brown Sugar/  
 Maple Syrup/Raisins  
 Apple Streusel Coffee Cake  
 Assorted Cold Cereals  
 Fresh Fruit  
 Fruit Juice/Hot Chocolate  
 Milk/Water

**LUNCH**

Cheese Pizza  
 Pasta Primavera Salad  
 Snack-Ens  
 PBJ/Sandwich Bread on Salad Bar  
 Bug Juice/Water  
 Scotcheroots - Fresh Fruit Option

**DINNER**

Roast Turkey  
 S'Mashed Potatoes  
 Turkey Gravy  
 Turkey Dressing (Stuffing)  
 Peas  
 Cranberry Sauce  
 Dinner Rolls/Margarine  
 Salad Bar  
 Vegetarian Alternative: Shepherd's  
 Pie  
 Fresh Fruit Dessert

**FRIDAY****BREAKFAST**

Omelets  
 Croissant Bagels  
 Cream Cheese/Margarine/Jam  
 Assorted Cold Cereals  
 Fresh Fruit  
 Fruit Juice/Hot Chocolate  
 Milk/Water

**LUNCH**

Chicken Patty Sandwiches  
 -Chicken Patty  
 -Hamburger Bun  
 Add-Ons: Lettuce/Tomato/Onion  
 Mayo/Mustard/Ketchup/BBQ Sauce  
 "Smiley" Potatoes  
 Vegetarian Alternative: Humus Stuffed  
 Pita  
 Salad Bar with PBJ/Bread  
 Bug Juice/Water  
 Black Forest Cake - Fresh Fruit Option

**DINNER**

Fajitas ~ Compose your own:  
 - Beef/Veggie/Chicken  
 -Roasted Vegetables  
 -Tortillas  
 -Salsa/Guacamole/Sour Cream  
 Tortilla Chips with Melted Cheese  
 Spanish Rice  
 Salad Bar with PBJ/Bread  
 Vegetarian Alternative: Black  
 Beans and Rice  
 Milk/Water  
 Frozen Yogurt - Fresh Fruit Option

**SATURDAY****BREAKFAST**

Make-Your-Own Yogurt Sundae  
 -Yogurt  
 -Granola  
 -Fresh Blueberries, Blackberries,  
 Raspberries  
 Assorted Cold Cereals  
 Fruit Juice/Hot Chocolate  
 Milk/Water

**LUNCH**

Mac'n Cheese  
 Parmesan Cheese  
 Vegetables  
 Biscuits/Honey Butter  
 Chef's Salad  
 PBJ/Sandwich Bread  
 (Chocolate) Milk/Water  
 Worthy Bars - Fresh Fruit Option

**DINNER**

Outdoor BBQ  
 BBQ Chicken  
 Potato Pancakes  
 BBQ Sauce/Ketchup/Applesauce  
 Jello Salad/Chef's Salad  
 Vegetarian Baked Beans  
 Blueberry Muffins/Margarine  
 Vegetarian Alternative: Easy Garden  
 Quiche  
 Bug Juice/Water  
 No Frost Cupcakes - Fresh Fruit  
 Option

* Gooney Rolls	Kamaji's Special Every-Sunday-Morning Sticky Cinnamon Roll Buns
** PBJ	Peanut Butter & Jelly
*** Bug Juice	Camp's word for Kool-Aide, Country Time Mix ~ Kamaji's favorite flavors are Fruit Punch and Lemonade