

CAMP JORN YMCA

SAMPLE WEEKLY MENU

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Breakfast		Pancakes Sausage Cereal Bagels Toast	Scrambled Eggs Hash browns Cereal Bagels Toast	Waffles Ham Cereal Bagels Toast	French Toast Sausage Cereal Bagels Toast	Cinnamon Rolls Quiche Bagels Cereal Toast	Donuts Cereal Bagels
Lunch		Grilled Cheese Tomato Soup Salad Bar	Hot Dogs/Buns Veggie Beans Salad Bar	Hamburgers/Buns Veggie burgers Mac/Cheese Salad Bar	Sub Sandwiches Chips Salad Bar	BBQ/Buns Veggie Burgers Tator Tots Salad Bar	
Dinner	Spaghetti/meat Meatless spag sauce Green beans Garlic Bread Salad Bar Dessert	Chicken strips French Fires Salad Bar Dessert: Brownies	Tacos Chix Fajitas Salad Bar Pudding	Ravioli Bread Salad Bar	Pizza Salad Bar	Turkey Roast Mashed Potatoes/Gravy Salad bar	

We serve 2% milk, skim milk and water at all meals

Salad bar is always available for lunch and dinner

Cereal bar, bread & sun butter, bagels & cream cheese are always available for breakfast