

## Camp Pandalouan Outdoor Education Menu Week 1



Monday	Tuesday	Wednesday	Thursday	Friday
\	Pancakes Potato Patty Sausage Links <b>Vegan Links</b> Fruit / Yogurt Bar Milk/Juice Assorted Cereals Oatmeal Bar	Omelets Ham Cubed Potatoes <b>Omelets</b> Fruit /Yogurt Bar Milk/Juice Assorted Cereals Oatmeal Bar	French Toast Sausage Patties Hashbrown Patty <b>Vegan Patties</b> Fruit / Yogurt Bar Milk/Juice Assorted Cereals Oatmeal Bar	Scrambled Eggs Bacon American Fries <b>Vegan Bacon</b> Fruit / Yogurt Bar Milk/Juice Assorted Cereals Oatmeal Bar
Pepperoni Pizza <b>Vegan</b> <b>Flatbread/Pizza</b> Breadsticks Side of fruit Salad bar Milk/Water	Deli Wraps <b>Veggie Wraps</b> French Fries Mixed fruit Soup/Pasta Salad bar Milk/Water	Sloppy Joes Seasoned Wedges Side of Fruit <b>Veggie Joes</b> Salad Bar Fruit Milk / Water	Chicken Nuggets Mac & Cheese Side of Fruit <b>Vegan Nuggets</b> Salad bar Milk/Water	Hot Dogs Waffle Fries Baked Beans <b>Veggie Dogs</b> Coney Sauce Salad bar Milk/Water
Super Chicken <b>Veggie Meatloaf</b> Au gratin Potatoes Vegetable Side Rolls/Butter Salad bar Milk/Water *Cupcake Bar  Snack: Rice Krispy Treats	Spaghetti w/Meat Sauce <b>Marinara Sauce</b> Garlic Sauce Vegetable Side Salad Bar Milk / Water *Ice Cream Bars  Snack : Cookies	Pork Loin Roasted Red Skins Vegetable Side <b>Veggie Lasagna</b> Rolls Salad Bar Milk / Water *Apple Crisp  Snack : Cheese and Crackers	Tacos Refried Beans/Rice Lettuce/Tomato Sour Cream <b>Veggie Tacos</b> Salad bar Milk/Water *Cake  Snack: Brownies	\

### MEAL NOTES:

- Salad Bar/Wowbutter provided at every meal
  - Milk/Water
- **ALL OVERNIGHT GROUPS** receive a snack in the evening.
  - **Pandalouan** does not use nuts as ingredients in any food. However, some food may share processing facilities with allergens. Concerned parents/staff are welcome to contact the Pandalouan Office at 231/894-4538 with any concerns.

Monday	Tuesday	Wednesday	Thursday	Friday
/	Scrambled Eggs Bacon American Fries <b>Veggie Sausage</b> Fruit / Yogurt Bar Milk Orange Juice Assorted Cereals	French Toast Sausage Patty <b>Vegan Patties</b> Butter / Syrup Fruit/Yogurt Bar Milk Orange Juice Assorted Cereals	McPenny's – English muffin, sausage, egg, cheese Hashbrown Patty <b>Vegan Patties</b> Fruit / Yogurt Bar Milk Orange Juice Assorted Cereals	Pancakes Sausage Links <b>Vegan Sausage</b> Butter / Syrup Fruit / Yogurt Bar Milk Orange Juice Assorted Cereals
Chicken Strips French Fries Fruit Side <b>Vegan Chicken</b> Salad Bar Fruit Milk / Water	Build Your Own Subs - Deli meat, cheese, veggies Potato Chips Side of Fruit <b>Hummus/Egg Salad</b> Salad Bar Milk / Water	BBQ Pulled Pork on Bun Seasoned Wedges Side of Fruit <b>BBQ Tofu</b> Salad Bar Fruit Milk/Water	Hamburgers Cheese/Toppings French Fries Side of Fruit <b>Veggie Burgers</b> Salad Bar Fruit Milk / Water	Cheese/Pepperoni Pizza <b>Vegan</b> <b>Flatbread/Pizza</b> Side of Fruit Salad Bar Fruit Milk / Water
Lasagna <b>Veggie Lasagna</b> Garlic Bread Vegetable Side Salad bar Milk/Water *Chocolate Cake  Snack: Cookies	Turkey Dinner Mashed Potatoes Gravy Stuffing Vegetable Side Rolls <b>Tofurky</b> Salad bar Milk/Water *Pudding  Snack: Cheese Stick/Grapes	Tacos Refried Beans/Rice Lettuce/Tomato Sour Cream <b>Veggie Tacos</b> Salad bar Milk/Water *Cake  Snack: Brownies	Chicken Stir-Fry Egg Rolls Rice <b>Veggie Stir-Fry</b> Salad Bar Milk / Water *Apple Crisp  Snack: Cheese/Crackers	/

