



CAMP WENONAH MASTER MENU 2015 SEASON

WEEK #1

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	Egg McWenonah Cereal Milk Orange Juice	Scrambled Eggs Home Fries Fruit Medley Cereal Milk Apple Juice	Toasted Bagels Cream Cheese Jam Yogurt Cereal Milk	Pancakes Breakfast Sausage Cereal Milk Orange Juice	Spinach Omelette Fruit Medley Cereal Milk Apple Juice	French Toast Fruit Cereal Milk Orange Juice	Eggo Waffles Syrup Fruit Salad Cereal Milk Apple Juice
LUNCH	Chicken Burgers Mixed Salad <i>Sesame Seed Buns</i> <i>Lettuce</i> <i>Tomato</i> <i>Mayo</i>	Homemade Mac & Cheese Mixed Greens	Assorted Cold Cut Sandwiches <i>Ham</i> <i>Turkey</i> <i>Salami</i> <i>Cheese</i> <i>Lettuce</i> Potato Salad	Chicken Fingers Dill & Veggie Pasta Tossed Salad	Pulled Pork Fresh Buns Mixed Salad	Hamburgers <i>Sesame Seed Buns</i> <i>Lettuce</i> <i>Tomato</i> <i>Mayo</i> <i>Pickles</i> Coleslaw Mixed Salad	Chicken Caesar Wraps <i>Cheese</i> <i>Bacon Bits</i> <i>Tortillas</i> Potato Chips
DINNER	Homemade Lasagna Garlic Sticks Caesar Salad	Fajitas <i>Lettuce</i> <i>Salsa</i> <i>Sour Cream</i> <i>Veggies</i> <i>Cheese</i>	BBQ NIGHT <i>Hotdogs</i> <i>Sausages</i> <i>Chips</i> <i>Pasta Salad</i> <i>Diced Onions</i>	Homemade Chili Sour Cream Garlic Bread Caesar Salad	Tacos <i>Lettuce</i> <i>Salsa</i> <i>Sour Cream</i> <i>Veggies</i> <i>Cheese</i>	Sweet & Sour Chicken Stir Fry Steamed Rice Chicken Balls <i>Plum Sauce</i> <i>Soya Sauce</i>	Turkey & Mashed Potatoes Corn Tossed Salad
DESSERT	Chocolate Brownie	Watermelon	Ice Cream Sandwiches	Vanilla Brownies	Apple Tarts	Rice Krispy Squares	Freezees
SNACK	ALL CAMP SNACK: Cookies	GIRLS SNACK: Lemon Tarts	BOYS SNACK: Lemon Tarts	GIRLS SNACK: Cookies	BOYS SNACK: Cookies	GIRLS SNACK: Brownies	ALL CAMP SNACK: Sundaes

*Fruit Bowl available from early afternoon to Evening Watch

*Hot Sauce available upon request at designated meals

*Tuesdays are designated Cooks Days Off during Summer Camp

*Snack and Tuck Days alternated for Boys and Girls (Includes Leadership)



CAMP WENONAH MASTER MENU 2015 SEASON

WEEK #2

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	SLEEP IN SUNDAY BRUNCH <i>Muffins, Danish Turnovers Bacon & Eggs Sausage Cookies & Tarts Mixed Salads Cereal Milk & Juice Specialty Items</i>	BLT's Cereal Milk Orange Juice	Toasted Bagels Cream Cheese Jam Yogurt Cereal Milk	French Toast Fruit Cereal Milk Orange Juice	Spinach Eggs Fruit Salad Cereal Milk Apple Juice	Pancakes Fruit Cereal Milk Orange Juice	Muffins Danish Turnovers Cereal Milk Apple Juice
LUNCH	Separate Lunch for 1B/3B @ 1pm	Chicken Burgers Mixed Salad <i>Sesame Seed Buns Lettuce Tomato Mayo</i>	Assorted Cold Cut Sandwiches <i>Ham Turkey Salami Cheese Lettuce Potato Salad</i>	Pizza <i>Pepperoni Cheese Peppers Onions Tossed Salad</i>	Meatball Sub Fresh Buns Nacho Chips Cheese Mixed Salad	Pulled Pork Fresh Buns Potato Salad Tossed Salad	Grilled Cheese Tomato Soup
DINNER	Curry Chicken Pasta Fresh Rolls Butter	Honey Roasted Ham Mixed Veggies Potato Wedges	BBQ NIGHT Hotdogs Sausages Chips Pasta Salad Diced Onions	Chicken Schnitzel <i>Topped with Tomato and Asiago Cheese</i> Muskoka Veggies Noodles	Fusilli Rose Pasta Garlic Bread Caesar Salad Muskoka Veggies	Honey Teriyaki Chicken Balls Steamed Rice Muskoka Veggies	Pizza <i>Pepperoni Cheese Peppers Onions Tossed Salad</i>
DESSERT	Assorted Desserts	Sherbet	Ice Cream Sandwiches	Brownies	Cherry Tarts	Freezees	
SNACK	BOYS SNACK: Brownies	GIRLS SNACK: Fruit	BOYS SNACK: Fruit	GIRLS SNACK: Chocolate Chip Muffins	BOYS SNACK: Chocolate Chip Muffins	ALL CAMP SNACK: Sundaes	ALL CAMP SNACK: Sundaes

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CAMP WENONAH MASTER MENU 2015 SEASON

WEEK #3

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	Egg McWenonah Cereal Milk Orange Juice	Scrambled Eggs Home Fries Fruit Medley Cereal Milk Apple Juice	Toasted Bagels Cream Cheese Jam Yogurt Cereal Milk	Pancakes Bacon Cereal Milk Orange Juice	Spinach Omelette Fruit Medley Cereal Milk Apple Juice	French Toast Fruit Cereal Milk Orange Juice	Eggo Waffles Fruit Salad Cereal Milk Apple Juice
LUNCH	Chicken Fingers Dill & Veggie Pasta Tossed Salad	Pasta With Meatballs <i>Parmesan Cheese</i> Garlic Sticks Caesar Salad	Assorted Cold Cut Sandwiches <i>Ham</i> <i>Turkey</i> <i>Salami</i> <i>Cheese</i> <i>Lettuce</i> Potato Salad	Perogies & Cheese <i>Sour Cream</i> <i>Bacon</i> <i>Onions</i> Mixed Salad	Egg & Tuna Sandwiches on Sesame Seed Buns	Chicken Caesar Wrap Fresh Buns Mixed Salad	Meatball Sub Fresh Buns Nacho Chips Cheese Mixed Salad
DINNER	Homemade Lasagna Garlic Sticks Spinach Salad	Chicken Stew Muskoka Veggies Potatoes	BBQ NIGHT Hotdogs Sausages Chips Pasta Salad Diced Onions	Tacos <i>Lettuce</i> <i>Salsa</i> <i>Sour Cream</i> <i>Veggies</i> <i>Cheese</i>	Chicken Schnitzel <i>Topped with Tomato and Asiago Cheese</i> Muskoka Veggies Noodles	Pub Style Fish & Chips with Tartar Sauce	Sheppard's Pie Iceberg & Romaine Salad
DESSERT	Fudgesicle	Ice Cream Sandwiches	Blueberry Crumble Tarts	Watermelon	Rice Krispy Squares	Vanilla Muffins	Cherry Tarts
SNACK	ALL CAMP SNACK: Cookies	GIRLS SNACK: Lemon Tarts	BOYS SNACK: Lemon Tarts	GIRLS SNACK: Cookies	BOYS SNACK: Cookies	GIRLS SNACK: Brownies	ALL CAMP SNACK: Sundaes

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CAMP WENONAH MASTER MENU 2015 SEASON

WEEK #4

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	SLEEP IN SUNDAY BRUNCH <i>Muffins, Danish Turnovers Bacon & Eggs Sausage Cookies & Tarts Mixed Salads Cereal Milk & Juice Specialty Items</i>	BLT's Cereal Milk Orange Juice	Toasted Bagels Cream Cheese Jam Yogurt Cereal Milk	French Toast Fruit Cereal Milk Orange Juice	Eggo Waffles Sausage Syrup Fruit Salad Cereal Milk Apple Juice	Bacon & Eggs Home Fries Cereal Milk Apple Juice	Muffins Danish Turnovers Cereal Milk Apple Juice
LUNCH	Separate Lunch for 1B/3B @ 1pm	Chicken Burgers Mixed Salad <i>Sesame Seed Buns Lettuce Tomato Mayo</i>	Assorted Cold Cut Sandwiches <i>Ham Turkey Salami Cheese Lettuce Potato Salad</i>	Pizza <i>Pepperoni Cheese Peppers Onions Tossed Salad</i>	Hamburgers <i>Sesame Seed Buns Lettuce Tomato Mayo Pickles Coleslaw Mixed Salad</i>	Meatball Sub Fresh Buns Nacho Chips Cheese Mixed Salad	Chicken Fingers Dill & Veggie Pasta Tossed Salad
DINNER	Roasted Ham Mixed Veggies Scalloped Potatoes	Homemade Chili Sour Cream Garlic Bread Caesar Salad	BBQ NIGHT Hotdogs Sausages Chips Pasta Salad Diced Onions	Fajitas Stir Fry Fortune Cookies	Chicken Schnitzel <i>Topped with Tomato and Asiago Cheese</i> Muskoka Veggies Noodles	Stuffed Chicken Breast w/ Roasted Potatoes Broccoli & Cheese	Cheese Tortellini Mixed Salad Fresh Rolls
DESSERT	Fresh Peaches	Frozen Yogurt	Cherry Tarts	Lemon Cream Squares	Vanilla Brownies	Blueberry Sticks	Assorted Desserts
SNACK	BOYS SNACK: Brownies	GIRLS SNACK: Chef's Surprise Snack	BOYS SNACK: Chef's Surprise Snack	GIRLS SNACK: Chocolate Chip Muffins	BOYS SNACK: Chocolate Chip Muffins	ALL CAMP SNACK: Cookies	ALL CAMP SNACK: Cookies

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