



Overnight Camp

Sample Meal Plan

GF available per allergy request

Please note that this is only a sample meal plan. Exact food varies depending on factors such as seasonal availability, dietary requirement of a particular group, etc.

Day 1:

- Dinner: Beef Tacos with local corn tortillas, cheddar cheese, mango salsa, and chipotle aioli
- Dessert: Fruit salad with pineapple, apple, blueberries, strawberries, and dried coconut. Mixed with coconut milk, maple syrup, and cinnamon.
- Snack: Fresh baked chocolate chip cookies

Day 2:

- Breakfast: Blueberry pancakes with maple syrup and/or whip cream.
- Lunch: Grilled cheese with a twist. The classic cheddar cheese and bread with the twist of lettuce, tomato, cucumber, carrots, and pumpkin seeds.
- Dinner: Chicken thighs and drumsticks with basmati rice, corn, broccoli, and carrots.
- Dessert: Marble Slab Ice Cream
- Snack: Cheddar cheese with stone wheat crackers and apples

Day 3:

- Breakfast: Breakfast sandwiches with a base of English muffins, including eggs, bacon, cheddar cheese, avocado, and condiments.
- Lunch: Thins or bread with cucumber, lettuce, avocado, cheddar cheese, dill pickles, and sandwich meat.
- Dinner: Spaghetti with a meat and tomato sauce. With ground beef, broccoli, mushrooms, carrots, and onions.
- Dessert: Hot chocolate with marshmallows
- Snack: Jerky or granola bars, Made Good bars, or fruit bars.

Day 4:

- Breakfast: Oatmeal with raisins, apples, dried coconut flakes, and chocolate chips. Made with condensed milk and cinnamon.
- Lunch: Macaroni with cheddar cheese sauce with crispy bacon.
- Dinner: Cheese and potato or potato and onion perogies accompanied by coleslaw, onions, and bacon.
- Dessert: Freshly made rich crispy squares



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- Snack: Taco chips with salsa and guacamole

Day 5:

- Breakfast: Eggo waffles with blueberries, maple syrup and whip cream. Bacon on the side.
- Lunch: Sandwiches with your choice of cucumber, lettuce, tomato, cheddar cheese, pickles, meat, avocado, and condiments.
- Dinner: Beef burgers with all the fixings, i.e., pickles, avocado, lettuce, cheese, onions, and condiments. Local corn on the cob on the side.
- Dessert: Lemon meringue pie
- Snack: Chocolate chip cookies

Day 6:

- Breakfast: Bacon and eggs, toast, or cheerios.
- Lunch: Smokies with buns, with self-added condiments such as ketchup and relish

We believe that a good experience starts with good nutrition. Proper diet and eating habits are lacking in today's society - a result of readily available fast foods, processed foods and a lack of nutritional education. We strive to provide quality, simple, wholesome meals with limited processed ingredients – in addition to the occasional smores and limited other tasty treats. This is part of why we include our participants in all meal planning, purchasing and cooking. We buy local whenever possible, and avoid unnecessary chemical additives.

We are also very experienced in dealing with dietary restrictions and serious food allergies. Great care is taken to avoid serious participant food allergens whenever possible. Where this is not possible, we take great care to avoid cross contamination of ingredients.