

## WEEKLY MENU FOR EBC

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>B R E A K F A S T</b>		<i>Orange juice</i> Hot chocolate French Toast Bacon  <i>Cold Cereal</i> <i>Syrup</i> <i>Margarine</i>  <i>Milk/Cereal</i> <i>Tea/Coffee</i>	<i>Orange juice</i> Hot chocolate 3 Bears Porridge <i>Cinn Toast</i>  <i>Cold Cereal</i>  <i>Milk /Cereal</i> <i>Tea/Coffee</i>	<i>Orange juice</i> Hot chocolate Pancakes Bacon  <i>Cold Cereal</i> <i>Syrup</i> <i>Margarine</i>  <i>Milk/Cereal</i> <i>Tea/Coffee</i>	<i>Orange juice</i> Bacon, Egg & Cheese English Muffin Hash Browns  <i>Cold Cereal</i> <i>Ketchup</i>  <i>Milk/Cereal</i> <i>Tea/Coffee</i>	<i>Orange juice</i> Snow White Porridge Cinn Toast  <i>Cold Cereal</i>  <i>Milk/Cereal</i> <i>Tea/Coffee</i>
<b>D I N N E R</b>	<b>NOTE: Carrot sticks are served 3 times during a camp week. Fill 1 - 5 gal bucket for the walk-in.</b>	Newfie Steak Mashed Potato Creamed Corn Peas <i>Mustard/Ketchup</i> <i>Margarine</i>  <i>Rice Krispie</i> <i>Squares</i>  <i>Water</i> <i>Tea/coffee</i>	Turkey Mashed Potato Gravy Stuffing Carrots/Peas Turnip <i>Cranberry Sauce</i>  <i>Ch Chip Cookies</i>  <i>Water</i> <i>Tea/Coffee</i>	Lasagna <i>Parmesan Cheese</i> Caesar Salad Par baked rolls <i>Salad Dressing</i>  <i>Jello</i>  <i>Water</i> <i>Tea/coffee</i>	Roast beef Mashed Potato Gravy Carrots Corn Turnip (6) Lg <i>Margarine</i>  <i>Rice Krispie</i> <i>Squares</i>  <i>Water</i> <i>Tea/Coffee</i>	Taco's Seasoned Hamburger Tortilla, Nachos Grated Cheese Lettuce, Salsa Sour Cr, Tomatoes Carrot Sticks  <i>Ice Cream</i> <i>Sandwiches</i>  <i>Water</i> <i>Tea/Coffee</i>
<b>S U P P E R</b>	Chicken Strip wrap, (2) Lettuce, Tomato Cheese, <i>Ranch dressing</i> Clear Coat Fries Carrot Sticks <i>BBQ Sauce</i>  <i>Ginger cookie</i> <i>(2each)</i> <i>Water</i> <i>Tea/coffee</i>	Pizza, Pepperoni or Cheese Garlic Fingers Caesar Salad <i>Salad dressing</i>  <i>Island Fantasy</i> <i>I/C</i>  <i>Milk/Water/Pop</i> <i>Tea/Coffee</i>	Macaroni & Cheese Tossed Salad <i>Sal/dressing</i> <i>Ketchup</i> Rolls & <i>Marg</i>  <i>Iced Brownies</i>  <i>Milk/Water</i> <i>Tea/Coffee</i>	Chicken Burger/Buns Potato Chips Carrot Sticks Lettuce & Tomato <i>Mayo/Ket/Rel</i> <i>BBQ Sauce</i>  <i>Strawberry no Bake</i> <i>Cheesecake</i>  <i>Milk/water</i> <i>Tea/Coffee</i>	Burgers and Clear coat fries Coleslaw Cheese slices Lettuce & Tomato <i>Mayo/Ket/Rel</i> <i>BBQ Sauce</i>  <i>Apple Crisp &amp; I/C</i>  <i>Milk/Water</i> <i>Tea/coffee</i>	
<b>S N A C K S</b>	<i>Crackers, Cheese</i> & <i>apples</i>  <i>Water</i> Prepare Bacon Make Rice K. squares/ Pizza Dough	(Nachos & Cheese) see notes  <i>Water</i> Make Choc Chip Cookies & Brownies & Stuffing	Popcorn with <i>Seasoning,</i> <i>Apples &amp; Muffins</i>  <i>Water</i> Prepare Bacon, Make Cheesecake Muffins for snack Make Jello	<i>Apples and any</i> <i>Leftover sweets</i>  <i>Water</i> Bacon for breakfast, Make apple crumble, Rice K Sq, Boil Potatoes for hash browns	Popcorn with <i>Seasonings</i> & <i>apples</i>  <i>Water</i>	

### Note reminders and suggestions:

Snacks for 8&9 camp are before Chapel and **No** Supper desserts.

**Please take note of the various baking duties listed under snacks for each day and**

**adjust your day's baking accordingly.**

**Items in *italic* are what the Dining Room Girls are responsible for serving.**

UPDATED June 24<sup>th</sup> 2018