



Young Adults Sports Camp

Menu

Sunday June 17, 2018

*Menu subject to change without notice.
For special dietary requirements, please contact us at 724-935-5470

Breakfast

None Served

Lunch

None Served

Dinner

Chicken Caccitore (chicken in a pepper, onion , tomato sauce)

Rice

Tossed Salad (salad mix, tomato & cucumber)

Ice Cream Sundae

Fruit Basket

Fruit Flavored Drink, Iced Tea, Milk, Water





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Young Adults Sports Camp

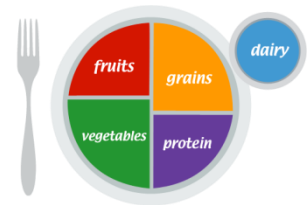
Menu

Monday June 18, 2018

Breakfast

Breakfast Buffet:

- Assorted Cereals, Cottage Cheese, Assorted Yogurt
- Pancakes
- Sausage Patty
- Toast, Bagels, English Muffins
- Fruit Basket
- Milk, Juice, Coffee, Tea



Lunch

- Assorted Pizza (example: pepperoni, cheese, vegetable and white)
- Italian Ice
- Salad Bar: Salad Mix, tomato, cucumber, peppers, Pudding, Peas, cheese, assorted dressings
- Fruit Basket
- Fruit Flavored Drink, Iced Tea, Milk, Water

Dinner

- Kielbasa
- Halushki (cabbage & noodles)
- Fruit Salad
- Salad Bar: Salad Mix, tomato, cucumber, peppers, string cheese, Fruit Salad, Pinto Beans, assorted dressings
- Fruit Basket
- Fruit Flavored Drink, Iced Tea, Milk, Water





Young Adults Sports Camp

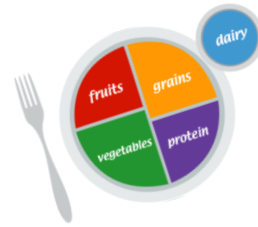
Menu

Tuesday June 19, 2018

Breakfast

Breakfast Buffet:

- Assorted Cereal, Cottage Cheese, Yogurt Cup
- Scrambled Eggs
- Bacon
- Toast, Bagels, English Muffins
- Fruit Basket
- Milk, Juice, Coffee, Tea



Lunch

- Grilled Cheese Sandwich on Wheat
- Tomato Soup
- Crackers
- Salad Bar: Salad Mix, tomato, cucumber, peppers, Jell-O, Pinto Beans, cheese, assorted dressing
- Fruit Basket
- Fruit Flavored Drink, Iced Tea, Milk, Water

Dinner

- Beef & Broccoli Lo Mein
- Salad Bar: Salad Mix, tomato, cucumber, peppers, onion, Tuna Salad, Black eyed Peas, cheese, assorted dressings
- Fruit Basket
- Fruit Flavored Drink, Iced Tea, Milk, Water





Young Adults Sports Camp

Menu

Wednesday June 20, 2018

Breakfast

Breakfast Buffet:

Assorted Cereal, Cottage Cheese, Yogurt Cup

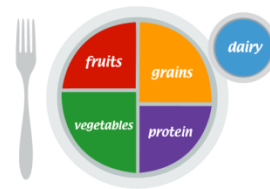
Waffles w/syrup

Sausage Links

Toast, Bagels, English Muffins

Fruit Basket

Milk, Juice, Coffee, Tea



Lunch

Take me out to the ball game:

Deli or PB & J Sandwich (fill out request sheet Sunday Evening)

1 bag Chips

Carrot & Celery sticks

Grapes

Bottled Water



Dinner

Cheese Tortellini w/meat or Marinara Sauce

Green Beans

Salad Bar: Salad Mix, spinach, tomato, cucumber, peppers, onion, black beans, Beets, cheese, dressings

Fruit Basket

Fruit Flavored Drink, Iced Tea, Milk, Water





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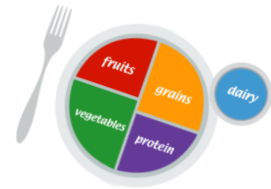
Menu

Thursday June 21, 2018

Breakfast

Breakfast Buffet:

- Egg Casserole (w/peppers and onions & cheese)
- Assorted Cereal, Cottage Cheese, Yogurt Cup
- Toast, Bagels, English Muffins
- Fruit Basket
- Milk, Juice, Coffee, Tea



Lunch

Tailgate Lunch Outside

- Hamburger on a bun w/cheese
- Lettuce, tomato, pickle
- Pasta Salad
- Diced Watermelon
- Fruit Basket
- Fruit Flavored Drink, Iced Tea, Milk, Water

Dinner

- Pork Roast
- Sweet Potato Casserole
- Vegetable Blend
- Oreo Crème Pie
- Tossed Salad (mix, tomato, cucumber)
- Fruit Flavored Drink, Iced Tea, Milk, Water

Dance

- Veggie Tray w/dip, Treat (TBD), Water & Punch





Young Adult Sports Camp

Menu

Friday June 22, 2018

Brunch Buffet

Assorted Cereal (GF Cheerios or Rice Chex, Rice Krispies, Corn Flakes, Raisin Bran & Oatmeal)

French Toast w/syrup

Sausage Patties

Yogurt & Cottage Cheese

Hard Boiled Eggs

Assorted Muffins

Toast, Bagels, English Muffins

Honey Dew

Fruit Basket

Milk, Juice, Coffee, Tea

