

Young Adults Sports Camp



Menu

Sunday June 16, 2019

*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 Cacciatore (chicken strips with sliced onions and peppers & Marinara sauce)

Rice

Tossed Salad (salad mix, tomato & cucumber)

Ice Cream Sundae

Fruit Basket

Fruit Flavored Drink, Iced Tea, Milk, Water



Young Adults Sports Camp

Menu

Monday June 17, 2019



Breakfast

Waffles w/syrup

Sausage Patty

Breakfast Buffet:

Cottage Cheese, Assorted Yogurt

Toast, English Muffins

Fruit Basket

Milk, Juice, Coffee, Tea



Lunch

Assorted Pizza (example: pepperoni, cheese, vegetable and white)

Salad Bar: Salad Mix, tomato, cucumber, peppers, onion, Waldorf Apple Salad, Peas, cheese, assorted dressings

Italian Ice

Fruit Basket

Fruit Flavored Drink, Iced Tea, Milk, Water

Dinner

Beef & Broccoli Lo Mein

Salad Bar: Salad Mix, tomato, cucumber, peppers, string cheese, Quinoa Salad, Pinto Beans, assorted dressings

Fruit Basket

Fruit Flavored Drink, Iced Tea, Milk, Water





Young Adults Sports Camp

Menu

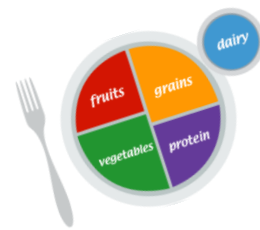
Tuesday June 18, 2019

Breakfast

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

Breakfast Buffet:

Cottage Cheese, Yogurt Cup
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

Chicken & Cheddar Enchiladas (tortilla, chicken, cheddar & green onion with a sour cream/cream soup sauce)
Nacho Chips & Salsa
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 19, 2019

Breakfast

Scrambled Eggs

Bacon

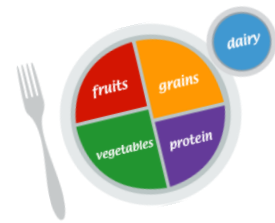
Breakfast Buffet:

Assorted Cereal, Cottage Cheese, Yogurt Cup

Toast, 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, tomato, cucumber, peppers, onion, Beans, Cucumber & Tomato Salad, cheese, dressings

Fruit Basket

Fruit Flavored Drink, Iced Tea, Milk, Water



Young Adults Sports Camp

Menu

Thursday June 20, 2019

Breakfast

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

Breakfast Buffet:

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

Prince Charles Vegetable Blend

Oreo Crème Pie

Tossed Salad (mix, tomato, cucumber & dressings)

Fruit Flavored Drink, Iced Tea, Milk, Water

Dance

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





Young Adult Sports Camp

Menu

Friday June 21, 2019

Brunch

French Toast Sticks w/syrup

Sausage Links



Brunch Buffet:

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

Yogurt & Cottage Cheese

Hard Boiled Eggs

Assorted Muffins

Toast, Bagels, English Muffins

Honey Dew

Fruit Basket

Milk, Juice, Coffee, Tea

