

CAMP ARCADIA MENU ~ TEEN RETREAT

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Served	Served	Served	Served	Served	Served	Served
Breakfast 8:30		French Toast Breakfast Sausages Fruit Juice & Milk	Scrambled Eggs and Bacon Fresh Buttermilk Biscuits Fresh Fruit Orange Juice	Ham and Cheddar Frittata Homemade Scones & Muffins Fresh Fruit Orange Juice	Whole Wheat Buttermilk Pancakes with Syrup & Compote Scrambled Eggs Sausage Orange Juice	Scrambled Eggs and Bacon Fresh Buttermilk Biscuits Fresh Fruit Orange Juice	Sausage & Cheddar Stratta Buttermilk Pancakes with Syrup Fresh Fruit Orange Juice
		Served	Served	Served	Served	Served	
Lunch 12:30	Staff & Counselors Tomato Soup with Basil Grilled Cheese Fruit Salad Pretzels Fruit Punch Cookies	Chips and Homemade Salsa Chicken and Cheese Enchiladas House Salad Fruit Cookie	Turkey Breast & Provolone on Baguette Broccoli Salad Potato Chips Fresh Fruit Cookie	Meat Lasagna or Cheese Lasagna Tossed Salad Fresh Fruit Lemonade Cookie	Roast Beef Sandwich with Sun-Dried Tomato Pesto & Provolone Green Bean Salad Fritos Fresh Fruit Lemonade Cookie	Chicken & Provolone Ciabatta Lettuce, Guacamole, Tomato, & Ranch Chips and Salsa Fruit Bowl Cookie	
		Vegetable Enchilada	Vegetable Soup with Bread	N/A	Wrap with Hummus, Spring Mix, Tomato, Cucumber, and Sunflower Seeds	Spanikopita (Greek Spinach & Feta Pie)	
	Served	Cookout on Patio	Served	Cookout on Patio	Served	Served	
Dinner 6:00	Baguette Caesar Salad Fettucini with Bolognese or Marinara Sauce Grated Parmesan Steamed Green Beans Dessert	Hamburger, Bratwurst or Hot Dog, or Veggie Burger Baked Beans Creamy Cole Slaw Watermelon Potato Chips Dessert	Assorted Pizza Tossed Salad Fresh Fruit Dessert	Pulled Pork on Kaiser -Assorted Sauces Black Bean Salad Cut Melon Cole Slaw Chips and Salsa	House Bread & Mixed Greens Salad Roasted Turkey Breast Fillet with Mango Peach Salsa Wild Rice Mixed Vegetables Dessert	House Bread & Mixed Greens Salad Choice of: - Pot Roast, or - Chicken Breast Fillet with Feta and Roasted Tomatoes Smashed Redskin Potatoes and Vegetable Dessert	
		Portabella Mushroom Burger		Veggie Burger	Vegetable Fried Rice	Gnocchi with Tomato Basil Cream Sauce	