

CAMP ARCADIA MENU - TEEN RETREAT 2011

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		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	Potato, Rosemary and Parmesan Stratta Monkey Bread Fresh Fruit Orange Juice
		Served	Served	Served	Served	Served	
Lunch 12:30	Staff & Counselors Tomato Soup with Basil Grilled Cheese Fruit Salad Chips 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	Assorted Pizza Tossed Salad Fresh Fruit Cookie	Beef brisket on baguette Green bean salad with vinaigrette Potato chips Fresh fruit Cookie	Chicken breast and provolone on ciabatta roll Guacamole, lettuce, tomato, & chipotle-lime ranch Chips and homemade salsa Cookie	
		Vegetable Enchilada	Vegetable Soup with Bread	(Cheese Pizza is an option at each table this meal.)	Cheese tortellini with basil pesto	Wrap with hummus, spring mix, tomato, cucumber, and sunflower seeds	
	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 Baked beans & sauerkraut Cole slaw Watermelon Potato chips Cookie	House bread & Mixed greens salad Pot roast with smashed sweet & redskin potatoes Mixed vegetables Dessert	Pulled BBQ chicken on kaiser Basmati rice with cilantro and lime Black bean salad Cut melon Chips and homemade salsas Cookie	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: - Beef medaillion, or - Chicken Breast Fillet with Feta and Roasted Tomatoes Smashed Redskin Potatoes & Vegetable du Jour Dessert	
		Portabella Mushroom Burger	Roasted Vegetable Lasagna	Vegetable submarine sandwich	Vegetable Fried Rice	Gnocchi with Tomato Basil Cream Sauce	