

## 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	<b>Staff &amp; Counselors</b>  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	