

Sample Family Menu at Camp Arcadia

		<i>Buffet in the dining room</i>	Meals all day served in the dining room		<i>Buffet in the dining room</i>	Meals all day served in the dining room		
Saturday		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast		Crustless quiche Coffee Cake Hardboiled Eggs Cereals & yogurt	Scrambled eggs, sliced ham & hollandaise sauce English muffins Fresh fruit	Frittata with ham and cheddar Homemade scones & muffins Fresh fruit	Oatmeal extravaganza Eggs with cheddar and chives Cereals & yogurt	Whole wheat buttermilk pancakes with syrup & compote Scrambled eggs Sausage links	Scrambled eggs and bacon Fresh buttermilk biscuits Fresh fruit	Frittata with sausage, scallion and feta Cinnamon rolls and banana bread Fresh fruit
		<i>Buffet in the dining room</i>			<i>Buffet in the dining room</i>			
Lunch		Soup of the day Thai noodles and vegetables with peanut sauce Chicken Breast Cornbread & Fruit Salad Cookie	Beef brisket on baguette Three bean salad Potato chips Fresh fruit Cookie	Chicken breast and provolone on ciabatta roll Guacamole, lettuce, tomato, & chipotle-lime ranch Chips and homemade salsa Fresh fruit & cookie	Chicken and rice soup Meat lasagna Mushroom ravioli with mixed vegetables, olive oil and parmesan Mixed greens salad & fruit Cookie	Assorted pizzas Tossed salad Fresh fruit Cookie	Smoked turkey breast on baguette with provolone and mango chutney Broccoli salad with feta cheese and onion Potato chips Fresh fruit Cookie	
	Vegetarian Option (please order these on Saturday night)	N/A	Cheese tortellini with basil pesto	Wrap with hummus and chimichurri sauce	N/A	N/A	Veggie sandwich with herbed cream cheese	
Dinner		<i>Cookout on the Patio</i>			<i>Cookout on the Patio</i>		<i>Plated Candlelight Dinner</i>	
	House bread & Caesar salad Penne pasta with fennel-tomato sauce Meatballs Green beans with lemon infused olive oil Dessert	Pulled BBQ pork Basmati rice Black bean salad Watermelon Cole slaw Chips and homemade salsa Cookie	House Bread & Mixed Greens Salad Chicken breast fillet with garlic cream sauce Sugar snap peas Wild rice Dessert	House bread & Mixed greens salad Pot roast with smashed sweet & redskin potatoes Broccoli with olive oil and garlic Dessert	Hamburger, bratwurst or hot dog Baked beans & sauerkraut Potato Salad Watermelon Pretzel sticks Cookie	House bread & Mixed greens salad Pork tenderloin & mixed vegetables Mostaccioli with fresh basil & sun-dried tomato pesto Dessert	House bread & Mixed greens salad Choice of: -Beef medaillion cooked medium rare -Wild Alaskan salmon -Parmesan crusted chicken breast fillet Entrée served with whipped potato & cauliflower, vegetable, and dessert	
	Vegetarian Option (please order these on Saturday night)	Veggie sandwich with herbed cream cheese	Vegetable fried rice with tofu	Spanakopita (Greek spinach pie with filo dough)	Roasted portobella mushroom as a burger	Middle-eastern platter with baba ghanoush, hummus, tabbouleh, feta and flatbread	Homemade gnocchi with tomato-basil cream & vegetable du jour	
	Kids' Alternate (please order these on Saturday night)	--	Shells and cheese	Hot dog on bun	--	Grilled cheese sandwich	Cheeseburger on bun	

*** Cold cereals and yogurt are available each meal upon request. Cereal varieties available include our own granola, raisin bran, toasted o-s, Rice Chex, Frosted Flakes, Lucky Charms, crisp rice, and Frosted Mini Wheats.

*** Homemade Peanut Butter is available upon request for the week.