

# OVERNIGHT CAMP SESSION 1 MENU



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## MONDAY

### BREAKFAST

Cheese Eggs  
Bacon  
Sausage  
Biscuits

### LUNCH

Corn Dogs  
Sweet Potato Fries

### DINNER

Chicken Legs  
Corn on the Cob  
Green Beans  
Rolls

## TUESDAY

### BREAKFAST

Hashbrown Casserole  
Baked Apples  
Bacon  
Sausage

### LUNCH

Chicken Fajitas  
Spanish Rice  
Black Beans

### DINNER

Meatloaf  
Mashed Potatoes  
Peas  
Rolls

## WEDNESDAY

### BREAKFAST

Pancakes  
Breakfast Potatoes  
Bacon  
Sausage

### LUNCH

BBQ Pulled Pork  
Coleslaw

### DINNER

Beef Stew  
Sautéed Rice  
Corn Muffins

## THURSDAY

### BREAKFAST

French Toast  
Hashbrowns  
Bacon  
Sausage

### LUNCH

Meatball Sub  
Corn on the Cob

### DINNER

Chicken Alfredo  
Carrots  
Rolls

## FRIDAY

### BREAKFAST

Eggs  
Breakfast Potatoes  
Bacon  
Sausage

### LUNCH

Chicken Patty  
Tater Tots

### DINNER

Hamburgers  
Hot Dogs  
Baked Beans  
Potato Salad

## SUNDAY

### DINNER

Pizza

## SATURDAY

### BREAKFAST

Chicken & Waffle Bar

### BREAKFAST ALTERNATIVES:

Fruit Bar  
Cold Cereal Bar  
Granola & Yogurt Bar

### LUNCH ALTERNATIVES:

Salad Bar  
Fruit Bar  
Turkey & Cheese Sandwich  
Sun Butter & Jelly Sandwich  
with Cheese Stick

### DINNER ALTERNATIVES:

Salad Bar  
Fruit Bar  
Dessert Selection

\*Alternatives made available daily.

# OVERNIGHT CAMP SESSION 1 VEGETARIAN MENU



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## MONDAY

### BREAKFAST

Tofu Scramble  
Sweet Potatoes

### LUNCH

Chickpea & Spinach  
Pita

### DINNER

Stuffed Zucchini

## TUESDAY

### BREAKFAST

Spinach Mushroom  
Scrambled Eggs

### LUNCH

Sweet Potato Chickpea  
Shepherds Pie

### DINNER

Veggie Chow Mein

## WEDNESDAY

### BREAKFAST

Tofu Noodle Bowl

### LUNCH

Vegan Nuggets  
Mushroom Ravioli

### DINNER

Roasted Ratatouille

## THURSDAY

### BREAKFAST

Baked Eggs In Tomato  
Cups

### LUNCH

White Bean & Herb  
Zucchini Noodles

### DINNER

Southwestern Fiesta  
Salad

## FRIDAY

### BREAKFAST

Tofu Benedict

### LUNCH

Veggie Burgers  
Moroccan Spiced Carrots

### DINNER

Veggie Burgers &  
Fries

## DIETARY RESTRICTIONS?

Does your child have any food allergies or dietary restrictions? If so, please include this information on the online health form through our registration portal. We will accommodate your child's meals to their needs. You can always pack your child lunch if they have certain preferences.

## NUT FREE FACILITY

We are a nut free facility and ask that no food or other products containing nuts be sent with a camper or in a care package.

## HAVE QUESTIONS ABOUT THE OVERNIGHT CAMP MENU?

Reach out to our Kitchen Operations Director or our Overnight Camp Director via phone or email.



### TRENT COOKS

Kitchen Operations Director

tcook@ymcamidtn.org

615-360-2267 ext. 72428

### MATTHEW CRAWFORTH

Overnight Camp Director

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