

FAMILY CAMP

SESSION 4 MENU



WEDNESDAY
DINNER
 Baked Ziti
 Creamy Pasta Casserole
 Seasonal Veggies
 Broccoli
 Rolls

WEDNESDAY
DINNER
 Mushroom Spaghetti

THURSDAY
BREAKFAST
 Eggs
 Hashbrown Casserole
 Baked Apples
 Bacon
LUNCH
 Pizza
 Wings
 Hot Pockets
 Mozzarella Sticks
DINNER
 Herb Seasoned Chicken
 Chicken Parmesean
 Spanish Rice
 Peas

THURSDAY
BREAKFAST
 Vegan Sausage & Peppers
 over Rice
LUNCH
 Pesto Pasta & Potatos
 Cucumber Salad
DINNER
 Veggie Stir Fry with Rice
 Penne with Veggies &
 Black Beans

FRIDAY
BREAKFAST
 French Toast Sticks
 Eggs
 Breakfast Potatoes
 Sausage
LUNCH
 Hamburger
 Veggie Burger
 Brats
 Potato Salad
DINNER
 Grilled Cheese
 Sloppy Joe on a Bun
 Corn & Carrots

FRIDAY
BREAKFAST
 Crispy Falafel & Rice
LUNCH
 Veggie Burger
 Fries
DINNER
 Summer Veggie Sauté

SATURDAY
BREAKFAST
 Waffle Bar
 Chicken Nuggets
 Bacon
 Waffle Toppings

SATURDAY
BREAKFAST
 Waffles
 "Chicken" Nuggets

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.

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 FAMILY CAMP MENU?

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



TRENT COOKS

Kitchen Operations Director
 tcook@ymcamidtn.org
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JESSE HALL

Overnight Camp Director
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