

## Sample Weekend Menus

Camp Sagitawa

### Important Note:

The samples provided are **not** meant as a “choose your menu” sheet. Our kitchen makes choices according to what we have in stock and the kind of group that is attending. It also shows our flexibility for meal times and that our fare is quality.

If you wish to select a specific menu from the samples below or elsewhere, then please understand that we reserve the right to add a charge if we find that your choice adds to our cost or means that we have to make a special trip to restock those items.

Thank you.

*Food Services Coordinator*

We have scattered some notes regarding all menu plans on the bottom of several of the pages. Take note of these as they will help you understand some of our food services policies.

# Sample Weekend Menus

Camp Sagitawa

## *4 meal weekend plus light breakfast option*

### *Saturday*

#### *Breakfast*

Blueberry muffins  
Toast / jam  
Yogurt  
Baked oatmeal  
Sausage  
Scrambled eggs  
Hash browns  
Fruit tray

#### *Lunch*

Pizzas  
Toss salad  
Vegetable tray  
Watermelon

#### *Dinner*

Roast beef  
Yorkshire pudding  
Mashed potatoes  
Gravy  
Broccoli salad  
Caesar salad  
Cooked vegetable  
Fruit salad

### *Sunday*

#### *Breakfast*

(Just a little to help early risers make it to brunch)

Cold cereal / milk  
Muffins

#### *Brunch*

French toast  
Ham  
Fruit salad  
Pumpkin muffins  
Lasagna  
Toss salad  
Fruit tray

### **Notes regarding all menu plans:**

*We are happy to include vegetarian, vegan, gluten free and other special diet options, but need to be made aware well in advance. Our food pricing is quite reasonable because we do not automatically include these special dietary options at every meal. Individuals wanting to be sure their needs are met should speak directly with the Food Services Coordinator.*

# Sample Weekend Menus

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## 5 meal weekend

### Saturday

#### Breakfast

Hash browns  
Scrambled eggs/cheese  
Baked oatmeal  
Bacon  
Fruit tray  
Yogurt

#### Lunch

Soup  
Buns/cheese  
Meat tray  
Veggie tray  
Chocolate Cake

#### Dinner

Rice  
Sweet & sour meatballs  
Vegetable  
Lettuce salad  
Jello / whip cream

### Sunday

#### Breakfast

Pancakes or French toast  
Strawberries  
Whip Cream  
Sausages  
Fruit tray

#### Lunch

Beef on a Bun  
Salad  
Vegetable Tray  
Watermelon

### **Notes regarding all menu plans:**

*Snacks are provided in the evenings, though some groups have chosen to bring their own in order to provide another option or larger amounts. Groups choosing 2 meals a day to save cost cannot expect that our snack will be enough to provide their 3<sup>rd</sup> meal.*

#### *Examples of snacks provided:*

Cinnamon Buns, Fruit, Puffed wheat squares, Cookies, Crackers & Cheese, S'mores

One or two of the above along with appropriate beverages for the group

# Sample Weekend Menus

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## 5 meal weekend

### Saturday

#### Breakfast

Baked oatmeal  
Hash browns  
Scrambled eggs with ham  
& cheese  
Toast / bagels / muffins  
Coffeecakes  
Fruit tray

#### Lunch

Chicken veg soup  
Lettuce salad  
Cheese bread  
Apple crisp

#### Dinner

Ham / mustard sauce  
Scalloped potatoes  
Green beans  
Salad  
Brownies / ice cream

### Sunday

#### Breakfast

Pancakes / strawberries  
Sausages  
Fried eggs  
Muffins / toast  
Fruit tray

#### Lunch

BBQ Chicken  
Rice  
Caesar salad  
Pumpkin tarts

### **Notes regarding all menu plans:**

Normally we select the menu after consideration of who is coming, age groups, the type of event and the overall purpose of the event. A group may want to ask for a specific menu, however, such as boneless chicken breast, cheesecake or a second meat for one meal. Or they may want a Christmas meal in June, in order to fit with a weekend theme. Such considerations are possible in our kitchen, so long as we have due notice. Depending on the request, there may also be an additional fee for certain menu items.

# Sample Weekend Menu

Camp Sagitawa

## Youth Group Sample – 7 meal plan

### Friday

#### Brunch

French toast  
Bacon  
Juice/milk

#### Dinner

Roast Beef  
Mashed potatoes  
Green Beans  
Coleslaw  
Garden salad  
Apple crisp/ice cream

### Saturday

#### Breakfast

Baked oatmeal  
Scrambled Eggs  
Hash browns  
Yogurt  
Assorted Fruit tray

#### Lunch

Salad Bar  
Salad – dressings  
Croutons  
Boiled eggs  
Cheese  
Sliced meats  
Cottage cheese  
Soup n' Buns

#### Dinner

Chicken – BBQ and  
honey & garlic sauce  
Rice  
Vegetable  
Broccoli salad  
Brownies & ice cream

### Sunday

#### Breakfast

Pancakes  
Fried eggs  
Bacon  
Toast  
Yogurt  
Fruit

#### Lunch

Lasagna  
Caesar Salad  
Bread sticks  
Pudding tarts

# Sample Weekend Menus

Camp Sagitawa

## School Group during week

### Day 1

#### Lunch

Tomato soup  
Grilled cheese sandwiches  
Veggie tray

#### Dinner

Ham / mustard sauce  
Scalloped potatoes  
Green beans  
Salad  
Brownies

### Day 2

#### Breakfast

Muffins  
Toast / jam  
Yogurt  
Baked oatmeal  
Scrambled eggs  
Hash browns  
Fruit tray  
Cold Cereal

#### Lunch

Pizzas  
-ham/pineapple  
-pepperoni  
-cheese  
Toss salad  
Vegetable tray  
Watermelon  
Spaghetti  
Tomato sauce/meatballs

#### Dinner

Caesar salad  
Garlic bread  
Apple crisp / ice cream

### Day 3

#### Breakfast

Muffins  
Toast / jam  
Yogurt  
Pancakes  
Sausages  
Fruit tray  
Cold Cereal

#### Lunch

BBQ beef on a bun  
Salad  
Vegetable tray  
Pudding tarts