



**GLEN BERNARD CAMP**  
Sample Menu

<b>Day 1</b>		<b>Day 2</b>		<b>Day 3</b>		<b>Day 4</b>
		<b>BREAKFAST</b>		<b>BREAKFAST</b>		<b>BREAKFAST</b>
		Juice Coffee/tea/ hot chocolate		Juice Coffee/tea/ hot chocolate		Juice Coffee/tea/ hot chocolate
		Hot & cold cereal Toast Bacon & Eggs Fruit Yogurt		Hot & cold cereal Hash browns, sausages, eggs Fruit Yogurt		Hot & cold cereal Muffins & Croissants Eggs Fruit, Yogurt
<b>LUNCH</b>		<b>LUNCH</b>		<b>LUNCH</b>		<b>LUNCH</b>
Chicken Fingers Carrot & Celery sticks, Cherry Tomatoes, Cucumber French Fries Fruit Juice	Vegetarian Option: Tofu Nuggets	Sweet & Sour Meatballs Rice Corn Green Beans Fruit Juice	Vegetarian Option: Samosa	Deli-Style Submarine Sandwiches Celery & Carrot sticks Potato Chips Fruit Juice		Cheese Ravioli Garden salad Bread Fruit Juice
<b>DINNER</b>		<b>DINNER</b>		<b>DINNER</b>		
Lasagna Caesar Salad Garlic Bread Milk Ice Cream & Chocolate sauce	Vegetarian Option: Vegetarian Lasagna	Cheeseburgers Potato Chips Garden Salad  Milk Butter Tarts & Nanaimo Bars	Vegetarian Option: Veggie Burgers	Chicken Breasts Roasted Potatoes Broccoli Milk Cookies	Vegetarian Option: Falafels	