

WEEKLY MENU FOR EBC

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
B R E A K F A S T		<i>Orange juice</i> Hot chocolate 3 Bears Porridge <i>Cold Cereal</i> Cinn Toast Jam/Honey <i>Milk /Cereal</i> Tea/Coffee	<i>Orange juice</i> Hot Chocolate French Toast Bacon <i>Cold Cereal</i> Syrup Margarine <i>Milk/Cereal</i> Tea/Coffee	<i>Orange juice</i> Hot Chocolate Snow White Porridge <i>Cold Cereal</i> Cinn. Toast <i>Milk/Cereal</i> Tea/Coffee	<i>Orange juice</i> Hot chocolate Pancakes Bacon <i>Cold Cereal</i> Syrup Margarine <i>Milk/Cereal</i> Tea/Coffee	<i>Orange juice</i> Hot chocolate 3 Bears Porridge <i>Cold Cereal</i> Cinn Toast Jam/Honey <i>Milk/Cereal</i> Tea/Coffee
D I N N E R		Roast beef Mashed Potato Gravy Carrots Corn Turnip <i>Margarine</i> Rice Krispie Squares Fruit Punch/ Water Tea/Coffee	Ham Mashed Potato Green Beans Carrots Turnip Margarine Choc Pudding & Whip Peach /Water Tea/Coffee Fruit Punch	Newfie Steak Mashed Potato Creamed Corn Peas Mustard/Ketchup Margarine Fruit Salad Fruit Punch/ Water Tea/coffee	Fish Nuggets Tartar Sauce Mashed Potato Coleslaw Corn Ketchup Jello & Whip Water/Peach Tea/Coffee	Turkey Mashed Potato Gravy Stuffing Carrots/Peas Turnip Cranberry Sauce Margarine Peach Slices Milk/Water Tea/Coffee
S U P P E R	Taco's (Hamburger & Seasonings) Tortilla, Nachos Grated Cheese Lettuce, Salsa Sour Cream Chopped Tomato Carrot Sticks Ginger cookie 2 (ea) Milk/water Tea/coffee	Chicken Burger/Buns Potato Chips Carrot Sticks Mayo/Ket/Rel Lettuce Ice Cream Sandwiches Milk/Water Tea/Coffee	Macaroni &Beef Casserole Cheese Tossed Salad Sal/dressing Ketchup Rolls & Marg Strawberries & Ice Cream Milk/Water Tea/Coffee	Spaghetti & Sauce Parmesan Cheese Caesar Salad Sal/Dressing Garlic Bread Iced Chocolate Cake Milk/water Tea/Coffee	Taco's (Hamburger & Seasonings) Tortilla, Nachos Grated Cheese Lettuce, Salsa Sour Cream Chopped Tomato Carrot Sticks Brownies/Ice Cr/Choc. sauce Milk/Water Tea/coffee	Hot dogs & buns Potato chips Must/Ket/Rel Rice Krispie Squares Lemonade/Water Tea/coffee
S N A C K S	Crackers & Cheese Milk	Popcorn, Butter with Seasonings Or Nachos & Cheese: see notes Peach	Choc chip cookies Milk	"Island Fantasy Ice Cream" Water	Popcorn, Butter with Seasonings Peach	

Notes:

For older camps (2,3,&9) Monday night snack will be replaced with Nachos & Cheese