

Camp Rock Enon – Camp Menu 2021 (*selections from below will be used to make the menu for short-term events*)

| | Breakfast | Lunch | Dinner | |
|-----------|---|--|---|--|
| | Scrambled Eggs 3oz w/onion & cheese Turkey Sausage Patty (1) 1.5 oz Hash Brown patty (1) 2oz | 1/4lb. Hamburger 4oz on WG bun (1) Lettuce leaf/sliced tomato Baked Beans 3oz Fresh baked cookie (1) | Herb Roasted Turkey 4oz Mashed Potatoes 3oz w/ gravy 2oz Seasoned Corn 3oz Cake or brownie (1) | |
| | Belgian Waffle (1) Syrup or fruit topping 1oz Turkey Sausage Link (2) 1oz | French Bread Cheese pizza (1) Potato Chips 1oz Carrot sticks (4) w/ranch dipping cup Frozen fruit cup or applesauce cup | Penne pasta 1oz. w/meat sauce 3oz Seasoned Mixed Vegetables 3oz Garlic bread (1) Chocolate or Vanilla pudding 3oz | |
| | Asst. Cereal (1) 1oz, milk 8oz Spiced apples 4oz Asst. Danish (1) | Hot Dog (1) on WG bun (1) Chili & cheese sauce Seasoned Potato bites (4oz) Carrot sticks (4) w/ranch dipping cup Frozen fruit cup or applesauce cup | Salisbury steak 4oz w/ gravy 2oz Oven Roasted Potato Medley 3oz Seasoned Green Beans 3oz Fresh baked Smores (1) | |
| | WG French Toast Sticks (6) 1.4oz Syrup or fruit topping 1oz Turkey Sausage Link(2) 1oz | Breaded chicken patty on WG bun (1) Lettuce leaf/sliced tomato Seasoned Green Beans 3oz Fresh baked cookie (1) | General Tso Stir Fry with Seasoned chicken strips 4oz Broccoli 4oz, Fried Rice 4oz WG vegetable eggroll (1) Apple Sauce or Fruit cup (1) | |
| | Scrambled Eggs 3oz w/ onion & cheese Biscuit (1) w/turkey sausage gravy 2oz | Oven Roasted Breaded Chicken Qtr (2) Seasoned corn 3oz Broccoli 4oz Frozen fruit cup or applesauce cup | Oven Roasted Ham Steak 4oz Macaroni & Cheese 4oz Brown sugar Glazed Carrots 3oz Soft Pretzel bites (4) | |
| | Breakfast to go pack on request Granola Bar Apple Sauce or Fruit Cup Juice cup 4oz | Pulled pork BBQ 4oz on WG bun (1) Coleslaw 1oz, BBQ Beans 3oz Fresh baked cookie (1) | Pork roast 4oz Oven Roasted Potato Medley 3oz, Seasoned Green Beans 3oz garlic breadstick (1) Assorted cakes | |
| Beverages | Coffee, Iced Tea Water, Milk, Orange Juice Cup | Coffee, Iced Tea Water | Coffee, Iced Tea Water | |
| Food Bars | Assorted Dry Cereal Oatmeal & Grits WG bread, English Muffin, bagel Jelly packets, margarine, peanut butter Yogurt Bar – asst. yogurt, toppings Assorted Fresh Fruit Bar Mixed fruit cups, applesauce | Salad Bar w/ Lettuce mix, tomato, cucumber, carrots, mushroom, chick pea, olive, cheese, croutons, assorted dressing Canned Fruit, assorted pasta salad Soup & Chili Bar (asst. soups/chili) Peanut Butter & Jelly, WG Bread Assorted Fresh Fruit Bar | Salad Bar w/ Lettuce mix, tomato, cucumber, carrots, mushroom, chick pea, olive, cheese, croutons, assorted dressing Canned Fruit, assorted pasta salad Nacho Bar (chips, meat, beans, cheese, lettuce, salsa) Peanut Butter & Jelly, WG Bread Assorted Fresh Fruit Bar | |

Menu is subject to change without prior notice. Notify Kitchen Manager of any food allergies or Special dietary needs in advance.

The CRE kitchen and dining hall use and serve products that contain nuts, wheat, gluten, milk and soy products.

WG = Whole Grain. **Red items contain gluten.** Gluten free, Pork free, vegetarian and vegan substitutions are available upon request.