

Camp Arcadia Menu- July 3-10, 2010

		<i>Buffet in the Dining Room</i>	Meals All Day Served Family Style		<i>Buffet in the Dining Room</i>	Meals All Day Served Family Style, Except Friday Dinner			
		Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast			French toast buffet Breakfast sausages Smoothies Cereals & yogurt	Scrambled eggs and bacon Fresh buttermilk biscuits Fresh fruit	Frittatta with ham and cheddar Homemade scones & muffins Fresh fruit	Oatmeal extravaganza Eggs with cheddar and chives Cereals & yogurt	Whole wheat buttermilk pancakes with syrup & compote Scrambled eggs Sausage links	Scrambled eggs, sliced ham & hollandaise sauce English muffins Fresh fruit	Strata with potatoes and rosemary Monkey bread Fresh fruit
		<i>Buffet in the Dining Room</i>				<i>Buffet in the Dining Room</i>			
Lunch			Crustless quiche Garden vegetable soup Mixed greens salad & fruit Cookie	Beef brisket on baguette Green bean salad with vinaigrette Potato chips Fresh fruit Cookie	Assorted pizza Tossed salad Fresh fruit Cookie	Mushroom cream & spinach lasagna Chicken and rice soup Mostaccioli pasta with marinara sauce Mixed greens salad & fruit Cookie	Chicken breast and provolone on ciabatta roll Guacamole, lettuce, tomato, & chipotle-lime ranch Chips and homemade salsa Cookie	Turkey salad wrap with dried cranberries and romaine Broccoli salad with feta cheese Potato chips Fresh fruit Cookie	
		Vegetarian Option (must be ordered 48 hours in advance)	N/A	Cheese tortellini with basil pesto	N/A	N/A	Wrap with hummus, spring mix, tomato, cucumber, and sunflower seeds	Roasted vegetable lasagna	
		<i>Cookout on the Patio</i>					<i>Cookout on the Patio</i>		
Dinner		House bread & Caesar salad Homemade bolognese over fettucini - Marinara sauce alternate on request Cauliflower au gratin Dessert	Pulled BBQ chicken on kaiser Basmati rice with cilantro and lime Black bean salad Cut melon Chips and homemade salsas Cookie	House Bread & Mixed Greens Salad Pork Tenderloin & Mixed Vegetables Mostaccioli with Fresh Basil & Sun-Dried Tomato Pesto Dessert	House Bread & Mixed Greens Salad Chicken Breast Fillet with Proscuitto-Sage Cream, Sugar Snap Peas Wild Rice Dessert	Hamburger, Bratwurst or Hot Dog Baked Beans & Sauerkraut Cole Slaw Watermelon Potato Chips Cookie	Cheddar Biscuits & Mixed Greens Salad Baked Ham with Roasted Potatoes and Carrots Mixed Vegetables Dessert	House bread & Mixed greens salad Choice of: -Beef medaillion cooked medium rare -Wild Alaskan salmon -Feta-topped chicken breast with tomato-basil cream Smashed redskins & green beans with carrots	
		Vegetarian Option (must be ordered 48 hours in advance)	Vegetable submarine sandwich	Spanakopita (Greek spinach pie with filo dough)	Potato-chickpea curry over basmati rice	Portabella mushroom burger	Vegetable fried rice with tofu	Homemade gnocchi with tomato-basil cream & vegetable du jour	
		Kids' Alternate (must be order 48 hours in advance)	--	Hot dog on bun	Shells and cheese	--	Grilled cheese sandwich	Cheeseburger on bun	

*** Cold cereals and yogurt are available each meal upon request. Cereal varieties available include our own granola, raisin bran, toasted o-s, Frosted Flakes, Lucky Charms, crisp rice, and Frosted Mini Wheats.

*** Homemade Peanut Butter is available upon request for the week.