

2021 Camp Tesomas Menu

Weekly Beverage Gluten Vegetarian	Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
	Breakfast		Breakfast		Breakfast		Breakfast		Breakfast		Breakfast		Breakfast	
		Scrambled eggs	6oz.	Warm Biscuits	2-2.25oz.	Sweet roll (2)	2.5oz.	Egg sandwich w/	1.5oz.	French toast sticks	6	Blueberry muffin	8.5oz.	
		w/ ham and cheese	1.5oz.	w/ sausage gravy	8oz.	w/ cream cheese icing		sausage, cheese	1.5oz.	Bacon	3 slices	Breakfast Cereal Bar	1.55oz.	
		Diced potatoes	3 oz	Apple sauce	5 oz.	Scrambled eggs	1	Biscuit	2oz.	Syrup	2oz.	Fruit Cup	1	
		Canned fruit	5oz			Canned fruit	5 oz.	Hash brown triangle	2-2oz.			Juice Box		
		Biscuit	1									Camp Supplied		
	Cold Cereal, oatmeal, flavored yogurt, bread, peanut butter, jelly (Pre-made no salad bar)													
	Apple, Orange juice, milk, coffee													
			Gluten free Sweet roll		Gluten free biscuit/ gravy		Gluten free English muffin		Gluten free French toast					
		w/o ham			meatless gravy		no turkey sausage		meat substitute					
Beverage Standard Gluten Vegetarian	Lunch		Lunch		Lunch		Lunch		Lunch		Lunch			
		Cheeseburger	5.3 oz	Chicken Fritter Sandwich	3.5oz.	Sub Sandwich	1	Corn dog	4oz.	Soft Shell Tacos	2			
		Potato Salad	5 oz	w/ sliced cheese	1	w/ Lunch Meat	3 oz	mac and cheese	5oz.	Taco Meat (2 oz ea.)	4 oz			
		Baby Carrots/Celery	1/2C	Tator Tots	3oz.	Sliced Cheese/Lettuce		Baby carrots (8)/celery	1/2cup	lettuce, tomato,				
		Ranch Dressing	1 oz	Diced pineapple	5oz.	Granola Bar	1.27 oz	Ranch Dressing	1oz.	shredded cheese, rice	4 oz.			
		Peaches	5 oz			Bag of Chips	1.5oz			sour cream, taco sauce	2 oz			
	Bug juice													
	Fruit,bread, peanut butter, jelly													
Dessert Standard Beverage Gluten Vegetarian GF Dessert	Dinner		Dinner		Dinner		Dinner		Dinner		Dinner			
		Meatloaf		Chicken Spaghetti Bake	2	Glazed Ham w/	5oz.	Pulled Pork	6oz.	Roast Turkey Breast	5 oz			
		Red mashed potatoes	5oz.	Parmesan Cheese	1/2oz.	Pineapple		on Bun	2	Red Mashed Potatoes	5 oz			
		California Blend		Green Beans	3oz.	Au gratin potatoes	5oz.	Baked Beans	3oz.	Turkey Gravy	2 oz			
		Dinner roll	1	Corn Cobbette		Broccoli	3oz.	Cole slaw	3oz.	Dinner Roll				
				Garlic Bread		Dinner Roll	1	BBQ Sauce	1oz.	Green Beans				
					4oz.			Chips	2oz.	Cornbread Dressing				
	To Go Meals		Served in Dining Hall and Areas											
		Banana Pudding		Rice crispy square		Chocolate chip cookie	2	Apple cobbler		Fudge Brownies				
	Salad Bar (Pre-made), fruit													
Bug juice, milk														

2021 Akela's World

	Friday		Saturday		Sunday	
Standard Beverage Gluten Vegetarian	Breakfast		Breakfast		Breakfast	
	Staff Breakfast		Scrambled eggs	6oz.	French Toast sticks (6)	6
	Cooks choice		Bacon (3)	1.6oz.	Sausage link	2
			Diced Potatoes	3oz.	Apple Sauce	5oz.
			Canned Peaches	5 oz.	Sryup	2oz.
	Cereal and oatmeal					
	Milk, Orange Juice, Water, Coffee					
					Gluten free french toast	
					Vegetable sausage	1.5oz.
Standard Beverage Gluten Vegetarian	Lunch		Lunch		Lunch	
	Corn dog	4oz.	Beef soft shell tacos (2)	4oz.	Chicken Nuggets	4.25oz.
	Mac and cheese	5oz.	lettuce, cheese	2oz.	Smiley potatoes	4oz.
	Baby carrots (8) & celery	1/2cup	Sour cream, taco sauce		Green Beans	3oz.
	Ranch Dressing	1oz.			cookie	
			Frijole churros (1)	10in.		
	Fruit					
	Hotdog GF bun		corn tortilla. GF cookie			
			Faux chicken tacos		Faux chicken nuggets	4.25oz.
Standard Dessert Beverage Gluten Vegetarian GF Dessert	Dinner		Dinner		Dinner	
	Roast Turkey Breast	5oz.	Beef Spaghetti Bake	4oz.		
	Green Beans	1	w/ meat sauce	4oz.		
	Red mashed potatoes	5oz.	Steamed Broccoli	3oz.		
	Turkey Gravy	2oz	Garlic bread stick	1.19oz.		
	Dinner roll	1	Corn Cobbette	1		
	Cornbread Dressing					
	Salad bar and fruit					
	Blondie		Banana Pudding	4oz.		
	Water, juice, milk					
	GF Bread		GF pasta			
	Grilled zucchini & squash		Meatless sauce			