

2021 Camp Tesomas Menu

[illegible]

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			