

# FAMILY CAMP

## SESSION 3 MENU



### SUNDAY

#### DINNER

BBQ Chicken  
Roasted Chicken  
Mashed Potatoes  
Green Beans  
Rolls

### MONDAY

#### BREAKFAST

Eggs  
Pancakes  
Breakfast Potatoes  
Bacon

#### LUNCH

Rib Patty  
Hot Dogs  
Beans  
Coleslaw

#### DINNER

Spaghetti  
Veggie Spaghetti  
Green Beans  
Garlic Rolls

### TUESDAY

#### BREAKFAST

French Toast Sticks  
Cheese Eggs  
Biscuits  
Sausage

#### LUNCH

Chicken Tenders  
BBQ Diced Chicken  
Fries  
Corn

#### DINNER

Tortilla Bowl  
Tacos- Beef, Chicken, Veggie  
Black Beans  
Spanish Rice

### WEDNESDAY

#### BREAKFAST

Eggs  
Pancakes  
Hashbrowns  
Bacon



### WEDNESDAY

#### BREAKFAST

Tofu Noodle Bowl

#### BREAKFAST ALTERNATIVES:

Fruit Bar  
Cold Cereal Bar  
Granola & Yogurt Bar

#### LUNCH ALTERNATIVES:

Salad Bar  
Fruit Bar  
Turkey & Cheese Sandwich  
Sun Butter & Jelly Sandwich  
with Cheese Stick

#### DINNER ALTERNATIVES:

Salad Bar  
Fruit Bar  
Dessert Selection

\*Alternatives made available daily.

### MONDAY

#### BREAKFAST

Apple Oatmeal  
Cinnamon Spice Oatmeal

#### LUNCH

Creamy Cherry Tomato  
& Squash Pasta

#### DINNER

Zucchini and Spinach  
Pasta Bake

### TUESDAY

#### BREAKFAST

Tofu over Veggies

#### LUNCH

Thai Pineapple Rice  
Black Bean & Corn Salad

#### DINNER

Creamy Tomato Basil  
Pasta

### NUT FREE FACILITY

We are a nut free facility and ask that no food or other products containing nuts be sent with a camper or in a care package.

## HAVE QUESTIONS ABOUT THE FAMILY CAMP MENU?

Reach out our Kitchen Operations Director or our Overnight Camp Director via phone or email.



### TRENT COOKS

Kitchen Operations Director  
tcook@ymcamidtn.org  
615-360-2267 ext. 72428



### JESSE HALL

Overnight Camp Director  
jwhall@ymcamidtn.org  
615-360-2267 ext. 72415