



# Mt. Norris Summer Camp Menu 2023

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast		Egg, cheese, & sausage on English muffin	Scrambled eggs & bacon	French toast & sausage	Omelet & hashbrown	Bagel, muffin, yogurt, cereal	Bagel, muffin, yogurt, cereal
Every day	Yogurt, cereal, berries, granola, fresh fruit, milk, juice						
Lunch		Ham & Swiss	Turkey & American	Italian	Turkey club	Burgers, hotdogs, Ribs, baked beans, slaw, potato and macaroni salad Popsicles	
Every day	Chips, cheese sticks, crackers, cookies, fruit, granola bars						
Dinner	Turkey Stuffing Mashed potato Peas Gravy Roll Cranberry sauce  Frosted cake	Meatloaf ½ baked potato Green beans Corn muffin (or) Beef stew Bread  Cookie	Ham Mac & cheese Broccoli (or) Ham Scalloped potato Broccoli  Gingerbread	Pasta Sauce Meatball Garlic bread Salad (or) Manicotti Stuffed shells  Ice cream	Beef cubes, potato Carrot  Cinnamon cake	Chicken & biscuit (or) Shepherd's pie (or) Fried chicken  Fruit cup	
Every day	Milk, tea, juice, Soup and Salad Bar - lettuce, tomato, cucumber, radish, onion, carrot, celery, canned fruit, cottage cheese, egg, cranberries, crouton, sunflower seed, olive, pickle, dressings (ranch, Italian, oil/vinegar)						