



SAMPLE MENU: Wild & Immersive - Wilderness Skills

Meals	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast		The Big Breakfast (scrambled eggs, crispy bacon, whole wheat toast, hashbrowns, hot and cold cereals, and assorted fresh fruit)	French Toast (served with breakfast sausages, maple syrup, assorted yogurt, hot and cold cereals, and assorted fresh fruit)	Belgian Waffles (served with breakfast sausages, strawberry topping, whipped cream, hard boiled eggs, assorted yogurt, and assorted fresh fruit)	The Big Breakfast (scrambled eggs, crispy bacon, whole wheat toast, hashbrowns, hot and cold cereals, and assorted fresh fruit)	Campout Breakfast
Lunch		Grilled Chicken Burgers (grilled chicken with veggie toppings, fresh buns, fries, assorted condiments, and fresh green salad)	Sandwich, Soup, & Salad (tuna salad/egg salad/ham/turkey/roast beef/cheese/assorted vegetable toppings and condiments)	Pizza (Hawaiian/pepperoni/vegetarian - served with vegetables and dip)	Bagged Lunch	Homemade Mac n' Cheese (crispy Panko crusted Mac N' Cheese, served with Caesar salad and dinner rolls)
Afternoon Snack		Cookies and Fruit	Loaf (sweet bread) and Fruit	Squares and Fruit	Cookies and Fruit	
Dinner	Roast Beef (served with Yorkshire pudding, garlic mashed potatoes, gravy, seasonal vegetables, and fresh green salad)	Spaghetti Bolognese (served with garlic bread and homemade Caesar salad)	BBQ Chicken Thighs (served with dinner rolls, roasted potatoes, seasonal veggies, and homemade potato salad)	Fajitas (chicken and vegetables, warm tortillas, peppers and onions, spanish rice, refried beans, cheese, salsa, guacamole, sour cream, tomatoes, and homemade coleslaw)	Campout Dinner	
Evening Snack	Cookies and Fruit	Assorted Cheese, Crackers, and Pickles	Veggies and Dip	Fruit Platter and Yogurt / S'mores	S'mores	

* subject to change