

## YMCA Camp Takodah | Summer 2023 Menu | Week 1

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Breakfast</b>		<b>Breakfast Sandwiches</b> with hash brown patties	<b>Pancakes</b> with turkey bacon and eggs	<b>Breakfast Quesadilla</b>	<b>French Toast Sticks</b> with strawberry sauce, and sausage links	<b>Cheesy Scrambled Eggs</b> with grilled texas toast, tater toast, and breakfast hash	<b>Breakfast Hot Pockets</b> with hash brown patties
<b>Lunch</b>		<b>Chicken Patties</b> with french fries and corn	<b>Mac &amp; Cheese</b> with peas	<b>Grilled Cheese &amp; Tomato Soup</b> with french fries and apples	<b>BLT Sandwiches</b> with ruffle chips, and chopped salad	<b>Hot Dogs</b> with onion rings	<b>Chicken Poopers</b> with summer vegetables, orzo salad, and roasted cauliflower
<b>Dinner</b>	<b>Chicken Tenders</b> with french fries, peas and carrots  Dessert - Boston Cream Pie	<b>Baked Ziti Bolognese</b> with roasted broccoli, and garlic bread sticks	<b>Gyros</b> with season potato wedges and chopped Mediterranean salad  Dessert: Honey Drenched Yello Cake	<b>Giant Baked Potatoes</b> topped with cheese sauce, hearty beef chili, broccoli, and honey glazed carrots  Dessert: Strawberry Shortcake	<b>Teriyaki Chicken</b> with white rice, stir fry vegetables, and fried wontons  Dessert: Pineapple Upsidedown Cake	<b>Herb Roasted Turkey and Gravy</b> with mash potatoes, balsamic brussel sprouts, and dinner rolls  Dessert: Chocolate Cake	<b>Beef Ribs</b> with Mac and Cheese Balls, green beans, and cornbread  Dessert: Watermelon

## YMCA Camp Takodah | Summer 2023 Menu | Week 2

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Breakfast</b>	<b>Cinnamon Rolls</b> with scrambled eggs, breakfast potatoes, and sausage links	<b>Fried Eggs</b> with biscuits, hashbrowns, and candian bacon	<b>Pancakes with Apple Cinnamon Topping</b> with turkey	<b>Breakfast Hot Pockets</b> with hash brown patties	<b>French Toast &amp; Strawberry Sauce</b> with sausage links	<b>Cheesy Scrambled Eggs</b> with grilled texas toast, tater toast, and breakfast hash	
<b>Lunch</b>	<b>Chicken Fajitas</b> shredded, black beans, yellow rice	<b>Philly Cheese Steak</b> with fritos and corn nibblets	<b>Chicken Nuggets</b> with shoestring french fries and cucumber and red pepper sticks	<b>Grilled Cheese &amp; Tomato Soup</b> with french fries and apples	<b>Beef &amp; Bean Chilli Bowls</b> with tater tots and roasted cauliflower and broccoli	<b>Lasagna Rolls</b> with pasta, chopped salad, and italian bread	
<b>Dinner</b>	<b>Herb Roasted Chicken</b> with rice pilaf, garlicky greenbeans, and dinner rolls  Dessert: Chocolate Chip Cookies	<b>Roast Beef &amp; Au Jus</b> with baked potatoes, roasted broccoli, and dinner rolls  Dessert: Brownies	<b>Hamburgers, Hotdogs, &amp; BBQ Chicken</b> with fries and roasted veggies  Dessert: Bomb pops!	<b>Beef Tacos</b> with black bean corn salad and spanish rice  Dessert: Churros	<b>Chicken Parmesan</b> with penne, garlicky green beans, and garlic toast  Dessert: Strawberry Shortcake	<b>Pizza Party!</b>  Dessert: Ice Cream Sandwiches	

# YMCA Camp Takodah | Summer 2023 Menu | Breakfast, Salad, and Sandwich Bars

Breakfast Bar		Salad Bar		Sandwich Bar
<b><i>Cut Up Fruit (6 Daily)</i></b>	<b><i>Dairy Items (All Offered Daily)</i></b>	Lettuce	Corn	Assorted Deli Meats
Bananas	Plain Yogurt	Spinach	Olives	American Cheese
Blackberries	Strawberry Yogurt	Tomatoes	Baby Corn	Provolone Cheese
Blueberries	Blueberry Yogurt	Cucumbers	Cottage Cheese	Tuna Salad
Cantelope	Cottage Cheese	Peppers	Chredded Cheese	Egg Salad
Grapes	Granola	Carrots	Tuna Salad	Sunflower Butter
Honey Dew	Hard Boiled Eggs	Onions	Hummus	Jelly
Kiwi	<b><i>Oatmeal Station (offered daily)</i></b>	Cherry Tomatoes	Beans	Assorted Sandwich Bread
Oranges	Oatmeal	Broccoli	Assorted Dressings	Condiments
Pineapple	Raisins	Snow Peas	<b><i>Hot Bar</i></b>	
Raspberries	Brown Sugar		Soup of the Day	
Strawberries	Cinnamon			
Watermelon				
<b><i>Bagel Station (offered daily)</i></b>				
Plain & Cinnamon Raisin				
Plain Whipped Cream Cheese				
Rotate Other Whipped Spreads				