

Camp Clark's Menu						
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast		Waffles spiced apples turkey sausage Whipped Cream caramel sauce	Breakfast Burrito (build your own) Egg Cheese and Bacon Salsa and Sour Cream turkey sausage fruit	Continental Breakfast Bagels & Cream Cheese Muffins, Cheese sticks yogurt parfait bar Oatmeal, Boiled Eggs fruit	Biscuits Bacon White Gravy*13 Oven Fried Taters Fresh fruit turkey bacon	monkey bread pull aparts eggs hash browns sausage patties fruit
Lunch		Gourmet hamburgers (build your own) Bacon, Cheese, Tomato red onion, blue cheese, grilled onion, lettuce onion rings or fries	soup day cheesy Bread Sticks carrot sticks ranch	Hoagies/wrap (build your own) Lettuce, Tomato, Onion Turkey, Cheese Fresh Fruit Chips	Sloppy Joes Carrot Chips Ranch Lays Potato Chips Fresh fruit	Potlatch navajo tacos Fresh Fruit and Veggies
Dinner	Roast Beef w/ Au Jus brown rice carrots & onions whole wheat roll Cookie	Lasagna garlic bread sticks Alfredo sauce shell pasta long green beans mini Cobblers	BBQ Chicken & keilbolsa corn bread baked beans mac and cheese coleslaw Brownie	In Camp Meal 100% beef meatball subs garlic bread buns carrots parm cheese dessert	Turkey and Gravy Mashed Potatoes Cranberry Sauce Stuffing, Roll green beans ind pumpkin mousse	
Milk and Cereal Bar available at every Breakfast						
Milk and Salad Bar available at every Dinner						
Snack bar with cheese, crackers and fresh fruit available all day						

*** The following is a way that we prepare our food items for special needs diets. Please see the diets that correspond to eat number**

- *1 GF French toast is made from a gluten free, soy free, dairy free soft bread. Dipped in a butter of egg, cinnamon, nutmeg, and cloves, vanilla & rice milk.
- *2 For an alternative we offer the following GF products; bread, corn or tortillas, french bread, bagels, muffins, stuffing, cornbread, chips, cereal, desserts.
- *3 all toppings are choices that guests can add on at time of service
- *4 we make our own tenders from 100% real chicken tenderloins. They are not breaded.
- *5 meatless alternatives available
- *6 contains milk....we offer dairy free alternative if needed.
- *7 we make our own real mashed potatoes. Only potatoes, milk, garlic salt and pepper and real butter. We offer a dairy free version.
- *8 We use brown or white rice that is GF
- *9 we provide rice pasta
- *10 all gravies are made with cornstarch not flour. For those that are grain and grass free, please see the kitchen manager upon arrival.
- *11 we use real 100% turkey breast not processed.
- *12 100% real potatoes only salt and pepper and a non-animal oil is added.
- *13 this gravy is made with rice milk, veggie sausage, black pepper and cornstarch
- *14 made with 100% vegetable shortening.
- *15 we have dairy free cheese
- *16 we have dairy free whipped topping
- *17 100 % ground real meat no fillers

rice, soy, almond