

CAMP MERIWETHER - MENU - GIUTIN FREE, DAIRY FREE, AND VEGETARIAN* - 2018

Our menu is based on a Vegan diet. Look for items that say, "On side" if you would like to add to the main dish. Also you may add the food on your table if your diet allows.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST		Breakfast burritos V-Sausage Peppers and onions Vegan Cheese <i>On side plain eggs</i>	GF Biscuits GF&Vegan-country gravy Hashbrowns Peaches	GF/ Vegan Pancakes V-Sausage Patty Aoolesauce	GF Coffee cake Soy Yogurt V-Sausage	Vegan Egg & Sausage Vegan Cheese Cantalope	Breakfast pastries Cheese stick Apple or orange
		DF Milk Cereal bar	DF Milk Cereal bar	DF Milk Cereal bar	DF Milk Cereal bar	DF Milk Cereal bar	Juice
LUNCH		Hamburgers GF Bun, Garden burger Vegan Cheese Potato Chips	Veg Wrap GF Tater Tots	*Optional Camp Meal* Tofu Hot dogs GF Bun Carrots & celery Potato chips	Burrito Corn Tortilla, Rice Beans, Vegan Cheese <i>On side Chicken</i>	Veggie Green Chilli	
		Juice drink Salad bar	Juice drink Salad bar	Juice drink	Juice drink Salad bar	Juice drink Salad bar	
DINNER	Veggie soup GF/Vegan Biscuit <i>On side Chicken</i> <i>Black beans</i>	Aisian Style Veggies Over Rice noodles Vegan Chicken <i>On side Chicken</i>	Thai Stir Fry Veggies over rice GF sliced bread <i>On side Chicken</i>	CAMPSITE COOKING Stuffed bell pepper with Vegan Cheese Tortilla chips	Vegan Shepards Pie GF Biscuit	Veagan Meat Loaf Mashed sweet Potato	
	GF/Vegan apple Sauce Cake DF Milk Salad bar	GF Cake DF Milk Salad bar	Italian Ice DF Milk Salad bar	S'mores DF Milk	Italian Ice DF Milk Salad bar	Vegan Cheese Cake DF Milk Salad bar	

This menu is subject to change without notice

*Food served will be vegetarian, Dairy free, and gluten free but it is prepared in a kitchen that is not