

MARCH 2019 MENU



Iced cold water is available at each table and is encouraged at each meal.

SATURDAY

Continental Breakfast

(Volunteers Only)

Cereal
Bagels
Muffins
Coffee!

SUNDAY

Breakfast

Pancakes
Eggs
Sausage Links
Fruit & Cereal Bar
Yogurt
Juice

Lunch

Taco Bar
Salad Bar (fresh fruits and veggies)
cookie

Lunch

Cheeseburger
French Fries
Salad Bar (fresh fruits and veggies)
ice cream

Dinner

Pasta with red OR white sauce
Breadsticks
Salad Bar (fresh fruits and veggies)
Cake

At all times of the day, Camp Encourage also has a plethora of fresh fruits, fresh vegetables and other healthy snacks available (some examples include: Z Bars, cereal bars, organic fruit strips, pretzels, and popcorn).