

OCTOBER 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

French Toast
Eggs
Bacon
Fruit & Cereal Bar
Yogurt
Juice

Lunch

Pizza
Fries
Salad Bar
Fresh Fruit and Veggies

Lunch

Cheeseburger
French Fries
Salad Bar (fresh fruits and veggies)

Dinner

Chicken Strips
Fries
Salad bar
ice cream

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).