




# 2024 Food Manual

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	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast		Hashbrowns Liquid Egg Mix Bacon Fresh Fruit Juice Milk	Texas Toast Liquid egg mix Sausage Links Strawberries Juice Milk	English Muffin Egg Patties Sausage Patties American Cheese Fresh Fruit Juice Milk	Tortillas Liquid Egg Mix Bacon Shredded Cheese Fresh Fruit Juice Milk	Flapjack Mix Sausage Links Fruit Juice Milk	Cereal Pop Tarts Fresh Fruit Bagels Juice Milk Danish Donuts Cream Cheese
Lunch		Sandwich Bread Sliced Ham American Cheese Butter or Margarine Soup Fresh Veggie Bug Juice	Hamburger Bun Chicken Patty Sliced Cheese Lettuce Fresh Fruit Chips Bug Juice	Thin sliced Steak Swiss Cheese Sub Bun Chips Veggie Sticks Fruit Bug Juice	Fatbread Mozzarella Cheese Pepperoni or Ham Red Sauce Chips Veggie Fruit Bug Juice	Sub Bun Deli Meat lettuce* tomato* Pineapples Chips Bug Juice *other veggies available by request	
Dinner	Burger Bar Chips Veggies Fruit Gluten Free Buns available Plant based burger available		Tortillas Ground Beef or Grilled Chicken Strip Shredded Cheese Lettuce Tomato Refried Beans Bug Juice	Pork Chop Penne Noodles Applesauce Bread Sticks Salad Mix Milk	Pita Pocket Grilled Chicken Strips Shredded Cheese Lettuce Fresh Fruit Bug Juice	Steak Mushrooms Onions Diced Potatoes Salad mix Canned Fruit Cookies Milk	



**Dietary Restrictions:**  
 Vegetarian Option Available  
 Gluten Free Option Available  
 Dairy Free Option Available

- |                 |           |                 |                     |           |                  |
|-----------------|-----------|-----------------|---------------------|-----------|------------------|
| Thousand Island | Ketchup   | Vanilla Extract | Butter              | Syrup     | Ketchup          |
| Ketchup         | Butter x2 | Cinnamon        | Italian Dressing x2 | Butter    | Ranch            |
| Mayo            | Hot Sauce | Syrup           | Ranch               | BBQ sauce | Mustard          |
| Mustard         | Ranch     | Taco Seasoning  | Salsa               | Salsa     | Italian Dressing |
|                 | Hummus    | Salsa           | Sour Cream          |           | Butter           |
|                 |           |                 |                     |           | Garlic           |



\* Menu is Subject to Change

## 2024 Cole Canoe Base Alternative Meal Options

Whether you're going on the river, or just looking for some lighter fare, the following meals are available with 24 hour notice. Please notify the commissary as soon as possible if your group would like to swap any of these meals for meals on the menu.

Breakfast	<b>Biscuits &amp; Gravy</b>	<b>Continental Breakfast</b>	<b>Bagel Sandwiches</b>	<b>Yogurt Bar</b>
	Buttermilk Biscuits	Cereal	Plain or Raisin Bagel	Vanilla Yogurt
	Sausage Gravy	Pop Tarts	Egg Patty	Strawberry Yogurt
	Fruit	Fruit	Sausage Patty	Granola
	Juice	Juice	Fruit	Fresh Fruit
Lunch	Milk	Milk	Juice	Juice
			Milk	Milk
	<b>Sandwiches</b>	<b>Chili Dogs</b>	<b>Nachos</b>	
	Sandwich Bread	Hot Dog Buns	Corn Chips	
	Deli Meat or PB & J	Hot Dog	Nacho Cheese	
Dinner	Sliced Cheese	Chili	Salsa	
	Fruit	Cheese	Sour Cream	
	Veggie	Fruit	Fruit	
	Chips	Veggie	Bug Juice	
	Bug Juice	Chips		
		Bug Juice		
	<b>Stew or Dumplings</b>	<b>Tuna Mac &amp; Cheese</b>	<b>Chili Con Carne</b>	<b>Soup &amp; Salad Bar</b>
		Mac & Cheese	Chili Con Carne	Soup
	Beef Stew or Chicken & Dumplings	Canned Tuna	Sour Cream	Salad Mix
	Dinner Roll	Fruit	Shredded Cheese	Salad Toppings
	Fruit	Veggie	Fruit	Salad Dressing
	Veggie	Milk	Veggie	Breadsticks
	Milk		Milk	Milk

## Substitutions

We do our best to follow the menu as presented. Substitutions may be made due to supply chain limitations. In the case of a substitution, you will be notified at meal times.

## Condiments and Extras

To reduce waste, condiments and extras are not automatically provided. Please request these items at the commissary prior to meal pickup so they may be packed with the appropriate meal.

# Sunday Dinner

## Campwide Meal - Double Decker Burgers

Burger Bar  
Chips  
Veggies  
Fruit

Equipment Needed:

Nothing

How to prepare

1. No Preparation Needed.

Mealtime Blessing:

Blessing will occur while waiting in line.



# Monday Breakfast

## Scrambled Eggs & Bacon

Hashbrowns	4 oz
Liquid Egg Mix	4 oz
Bacon	2 Slices
Fresh Fruit	4 oz
Juice	
Milk	
Margarine	
Ketchup	

### Equipment Needed:

Pan	3
Spatula	3
Serving Spoon	1

How to prepare:

1. Heat hashbrowns, liquid egg, and bacon in seperate pans until fully cooked.
2. Serve with fresh fruit.

### Mealtime Blessing:

God is great; God is good, let us thank Him for our food. Amen.



# Monday Lunch

## Grilled Ham & Cheese

Sandwich Bread	2 Slices
Sliced Ham	1 Slice
America Cheese	2 Slice
Soup	4 oz
Fresh Veggie	4 oz
Margarine	
Bug Juice	
Ranch (upon request)	
Hummus (upon request)	

### Equipment Needed:

Pan	1
Pot	1
Ladle	1
Spatula	1
Knife	1

### How to prepare:

1. Butter atleast one side of two pieces of bread.
2. Place one piece of bread in pan with butter side down. Place a slice of ham and cheese on top, then top with second piece of bread with butter side up.
3. Cook until golden and cheese has melted.
4. Repeat.
5. Heat the soup in a pot until almost boiling. Stir ocasionally.
6. Serve with fresh veggie.

### Mealtime Blessing:

For this and all thy miracles, Lord, make us duly grateful. Amen.





# Monday Dinner

Beast Feast



COLE CANOE BASE | Alger, MI





# Tuesday Breakfast

## French Toast

Texas Toast	2 Slices
Liquid egg mix	3 oz
Sausage Links	2 Links
Strawberries	4 oz
Vanilla Extract	
Cinnamon	
Syrup	
Juice	
Milk	

## Equipment Needed:

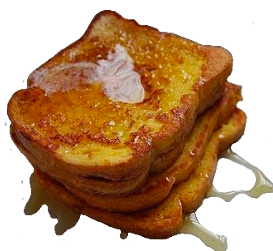
Bowl	1
Whisk	1
Pan	2
Spatula	1
Tongs	1
Serving Spoon	1

## How to prepare:

1. Whisk together vanilla extract, cinnamon, and liquid egg mix in bowl.
2. Dip entire piece of bread in egg mix.
3. Place the bread on pan. Heat thoroughly.
4. Repeat.
5. Thoroughly heat sausage in second pan.
6. Top french toast with syrup and or strawberries.

## Mealtime Blessing:

For Food, For Raiment, For Life, For Opportunity, For Friendship,  
and Fellowship, We Thank Thee Oh Lord. Amen.



# Tuesday Lunch

## Chicken Patties

Hamburger Bun	1 Bun
Chicken Patty	1 Patty
Sliced Cheese	1 Slice
Lettuce	4 oz
Fresh Fruit	4 oz
Chips	2 oz
Bug Juice	

## Equipment Needed:

Pan	1
Spatula	1
Serving Spoon	2

How to prepare:

1. Heat chicken patties in pan untill cooked through.
2. Assemble chicken patties.
3. Serve with fruit and chips.

## Mealtime Blessing:

For this and all thy miracles, Lord, Make us truly grateful. Amen.



# Tuesday Dinner

## Taco Tuesday

Tortillas	2 Tortillas
Ground Beef or Chicken	8 oz
Shredded Cheese	2 oz
Lettuce	2 oz
Tomato	2 oz
Refried Beans	4 oz
Taco Seasoning	1/4 oz
Salsa	1 oz
Sour Cream	1 oz
Bug Juice	

### Equipment Needed:

Pan	1
Small Pot	1
Spatula	2
Knife	1
Cutting Board	1

### How to prepare

1. Heat and crumble ground beef in pan until browned.
2. Drain the grease then mix in taco seasoning.
3. Heat refried beans in small pot until warmed.
4. Dice tomato.
- 5.. Build taco in tortilla with cheese, lettuce, tomato, refried beans, salsa, and sour cream.

### Mealtime Blessing:

Heavenly Father, thank you for the blissful day  
and the food to go along with it.  
Please grant good weather for tomorrow. Amen.



# Wednesday Breakfast

## Cole McMuffins

English Muffin	1 Muffin
Egg Patties	1 Patty
Sausage Patties	1 Patty
American Cheese	1 Slice
Fresh Fruit	4 oz
Margarine	
Juice	
Milk	

## Equipment Needed:

Pan	2
Spatula	2
Knife	1

## How to prepare:

1. Place sausage in pan and cook throughly.
2. Place egg patties in second pan and cook throughly.
3. Cut english muffin in half if needed.
4. Place sausage, egg, and cheese on english muffin.
5. Serve with fresh fruit.

## Mealtime Blessing:

Heavenly Father, help us to be truly grateful  
for the food which we have received through thy goodness.  
Strengthen us that we may be better able to serve you. Amen.



# Wednesday Lunch

## Philly Cheese Steaks

Thin sliced steak	4 Slices
Swiss Cheese	2 Slices
Sub Bun	1 Bun
Chips	2 oz
Veggie Sticks	4 oz
Fruit	4 oz
Bug Juice	

### Equipment Needed:

Pan	1
Spatula	1
Serving Spoon	1

### How to prepare:

1. Heat the thin sliced steaks in pan until cooked throughly.
2. Stuff sub bun with steak and cheese.
3. Serve with chips, fruits, and veggies,

### Mealtime Blessing:

Heavenly Father, thank you for the blissful day and the food to go along with it.  
Please grant good weather for tomorrow. Amen.





## Wednesday Dinner

### Pork Chops

Pork Chop	1 Chop
Penne Noodles	4 oz
Applesauce	4 oz
Bread Sticks	1 Stick
Salad Mix	4 oz
Ranch or Italian Dressing	
Milk	

### Equipment Needed:

Pot	1
Pan	1
Spatula	1
Pasta Spoon	1
Serving Spoon	2

### How to prepare

1. Boil water in pot.
2. Add pasta to water once boiling. Stir occasionally.
3. Heat pork chop on pan.
4. Drain water from pasta.
5. Serve with salad and pudding.

### Mealtime Blessing:

Heavenly Father, thank you for this blissful day and the food to go along with it.  
Please grant good weather for tomorrow. Amen.



# Thursday Breakfast

## Breakfast Burritos

Tortillas	2 Tortillas
Liquid Egg Mix	4 oz
Bacon	2 Slices
Shredded Cheese	2 oz
Fresh Fruit	4 oz
Margarine	
Juice	
Milk	

### Equipment Needed:

Pan	2
Spatula	2
Serving Spoon	2

### How to prepare:

1. Heat liquid egg mix in pan.
2. Heat bacon in second pan.
3. Scoop eggs onto tortilla, top with bacon and shredded cheese.
4. Serve with fresh fruit.

### Mealtime Blessing:

Thank you Lord for the food that we receive and please grant us safe passage throughout the day. Amen.



# Thursday Lunch

## Mini Pizzas

Flatbread	1 Flatbread
Mozzarella Cheese	2 oz
Pepperoni or Ham	2 oz
Red Sauce	2 oz
Chips	4 oz
Veggie	4 oz
Fruit	4 oz
Bug Juice	

## Equipment Needed:

Pan	1
Spachula	1

How to prepare:

1. Top flatbread with pizza toppings then roll.
2. Heat the mini pizza in a pan flipping occasionally.
3. Serve with chips, veggies, and fruit.

## Mealtime Blessing:

For health, strength, and our daily food, we give thee thanks o Lord. Amen.



# Thursday Dinner

## Chicken Pita

Pita Pocket	1 Pocket
Grilled Chicken Strips	4 oz
Shredded Cheese	1 oz
Lettuce	4 oz
Fresh Fruit	4 oz
Bug Juice	

### Equipment Needed:

Pan	
Spatula	1
Serving Spoon	1
	1

How to prepare:

1. Thoroughly heat the grilled chicken strips on pan.
2. Stuff pita pocket with grilled chicken strips, lettuce, shredded cheese, and top with ranch.
3. Serve fresh fruit on side.

### Mealtime Blessing:

For this and all thy miracles, Lord, make us truly grateful. Amen.



# Friday Breakfast

## Flapjack Friday

Flapjack Mix	2 Flapjacks
Sausage Links	2 Links
Syrup	
Fruit	4 oz
Margarine	
Juice	
Milk	

### Equipment Needed:

Pan	2
Spatula	2
Serving Spoon	1
Bowl	1
Whisk	1

### How to prepare:

1. In a bowl combine pancake mix and water until desired consistency.
2. Pour batter in small circles in pan.
3. Repeat until reaching the desired number of flapjacks or you have run out of mix.
4. Heat sausage links in second pan until thoroughly cooked.
5. Serve with fruit.

### Mealtime Blessing:

Thank you Lord for the food that we receive and please grant us safe passage throughout the day. Amen.





# Friday Lunch

## Cold Cut Subs

Sub Bun	1 Bun
Deli Meat	1 Brat
Lettuce	2 oz
Tomato	2 oz
Pineapple	2 oz
Chips	2 oz
Bug Juice	
Mustard	

## Equipment Needed:

Pan	2
Cutting Board	1
Knife	1
Tongs	2
Serving Spoon	1

How to prepare:

1. Slice tomato.
2. Assemble subs.
3. Serve with fruit and chips.

## Mealtime Blessing:

Gracious giver of all good, we thank thee for the rest and food,  
grant us all that we do or say, in thou service be this day. Amen.



# Friday Dinner

## Steak Dinner

Steak	1 Steak
Mushrooms	2 oz
Onions	2 oz
Diced Potatoes	2 oz
Salad	4 oz
Canned Fruit	4 oz
Cookies	2 Cookies
Milk	
Ranch or Italian Dressing	
Margarine	
Garlic	

### Equipment Needed:

Pan	3
Spatula	3
Serving Spoon	3
Knife	1
Cutting Board	1

### How to prepare:

1. Heat steak in pan.
2. Slice or dice mushrooms and onions.
3. Dice potatoes. Chop lettuce.
4. Heat mushrooms and onions in second pan.
5. Heat diced potatoes in third pan.
6. Place mushrooms and onions on top of steaks.
7. Assemble and serve salad.
8. Serve with canned fruit and cookies.

### Mealtime Blessing:

Heavenly Father, thank you for the blissful day and the food to go along with it. Please grant good weather for tomorrow. Amen.



# Saturday Breakfast

## Continental Breakfast

Cereal  
Pop Tarts  
Fresh Fruit  
Bagels  
Danish  
Donuts  
Juice  
Milk

## Equipment Needed:

Nothing

## How to prepare:

1. No Preparation Needed.

## Mealtime Blessing:

Gracious giver of all food, we thank thee for the rest and food,  
grant all we do or say, in thou service be this day. Amen.

