

COLE CANOE BASE

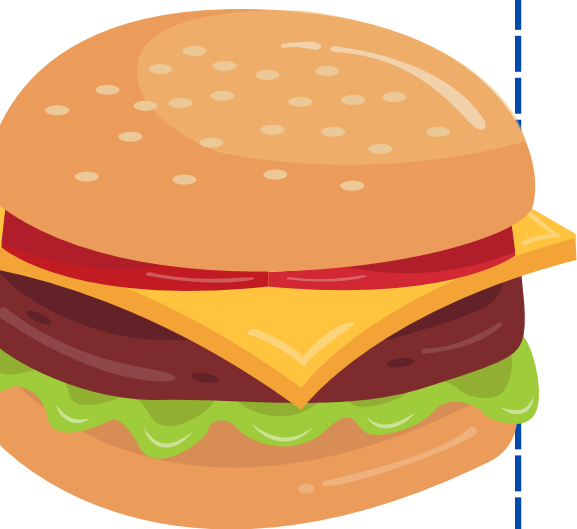


CAMP MENU 2025

MENU NOTES

- Whether you are 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 the meals on the menu.
- Allergies / Dietary Restrictions: If you need adjustments to the menu please make sure we know so we can provide you with food accordingly.
- 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.
- All ingredients listed are per person.
- There are additional ingredients and condiments in the pantry to the right of the commissary available to all units.

SUNDAY MENU

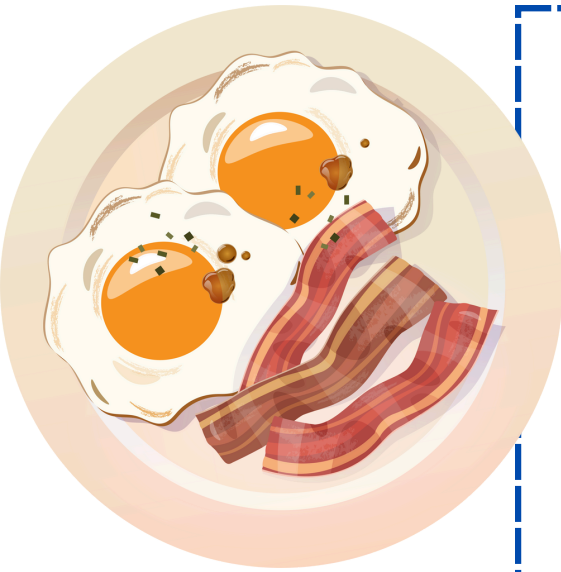


Burger Bar

Ingredients:
Burger Bar
Chips
Veggies
Fruit

Instructions:
1. Enjoy

MONDAY MENU



Eggs and Bacon

Ingredients:

Liquid Egg Mix (4 oz)
Bacon (3 slices)
Hashbrowns (4 oz)
Fresh Fruit (4 oz)
Juice
Milk

Instructions:

1. Heat liquid egg mix in one pan
2. Cook bacon in a second pan
3. Heat hashbrowns
4. Serve

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

Grilled Cheese and Soup

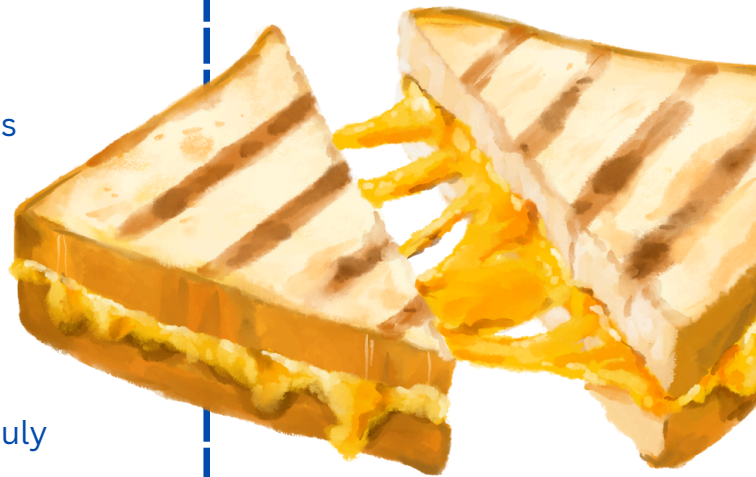
Ingredients:

Sandwich Bread (4 slices)
Sliced Ham (2 slice)
American Cheese (4 slices)
Butter or Margarine
Soup (4 oz)
Fresh Veggie (4 oz)
Bug Juice

Instructions:

1. Heat soup
2. Assemble sandwiches
3. Heat sandwiches
4. Serve

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



Beast Feast

Stations:

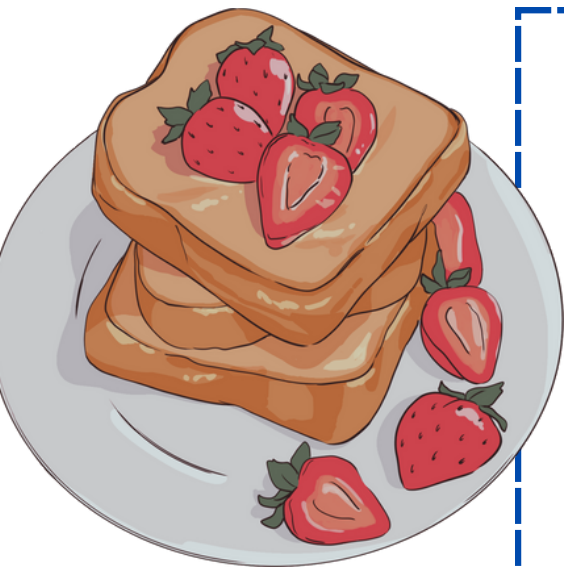
Log Jam Hot Dog Hut
Ma-goose-da Quesadillas
The Doe Box (Donuts)
Arrow Head Sliders
Cole Pie Co.
Roots Smoothie Parfait
Double Dip French Fry Club

Instructions:

1. Enjoy!



TUESDAY MENU



French Toast

Ingredients:

Texas Toast (2 slices)
Liquid Egg Mix (3 oz)
Sausage Links (2 links)
Strawberries (4 oz)
Juice
Milk

Instructions:

1. Dip texas toast in egg mix
2. Cook texas toast
3. Cook sausage links
4. Serve

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

Chicken Patties

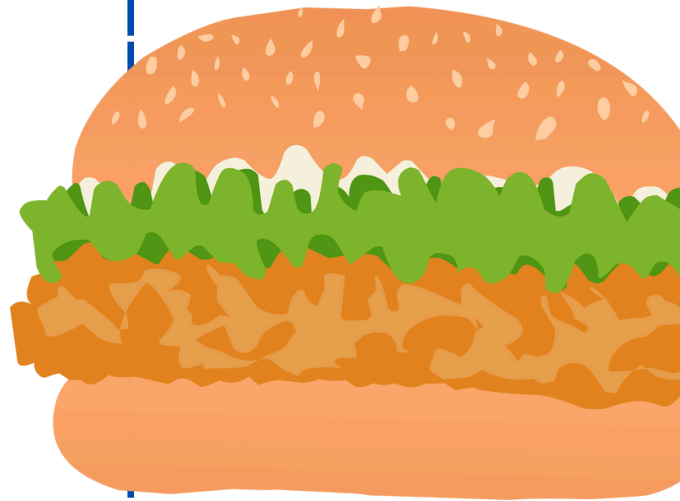
Ingredients:

Hamburger Bun (2 buns)
Chicken Patty (2 patties)
Sliced Cheese (2 slices)
Lettuce (4 oz)
Fresh Fruit (4 oz)
Chips (2 oz)
Bug Juice

Instructions:

1. Cook chicken patties
2. Assemble sandwiches
3. Serve

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



Taco Tuesday

Ingredients:

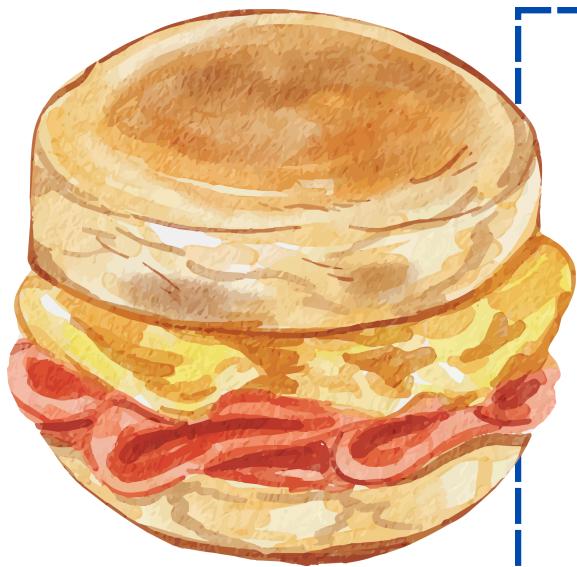
Tortillas (2 tortillas)
Ground Beef (8 oz) or
Grilled Chicken Strips (8 oz)
Shredded Cheese (2 oz)
Lettuce (2 oz)
Tomato (2 oz)
Refried Beans (4 oz)
Bug Juice

Instructions:

1. Cook ground beef or grilled chicken strips
2. Assemble tacos
3. Serve

Prayer: Heavenly Father, thank you for the blissful day and the food to go along with it. Amen.

WEDNESDAY MENU



Cole McMuffins

Ingredients:

English Muffins (2 muffins)
Egg Patties (2 patties)
Sausage Patties (2 patties)
American Cheese (2 slices)
Fresh Fruit (4 oz)
Juice
Milk

Instructions:

1. Cook sausage
2. Cook egg patties
3. Assemble McMuffins
4. Serve

Prayer: 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.

Philly Steaks

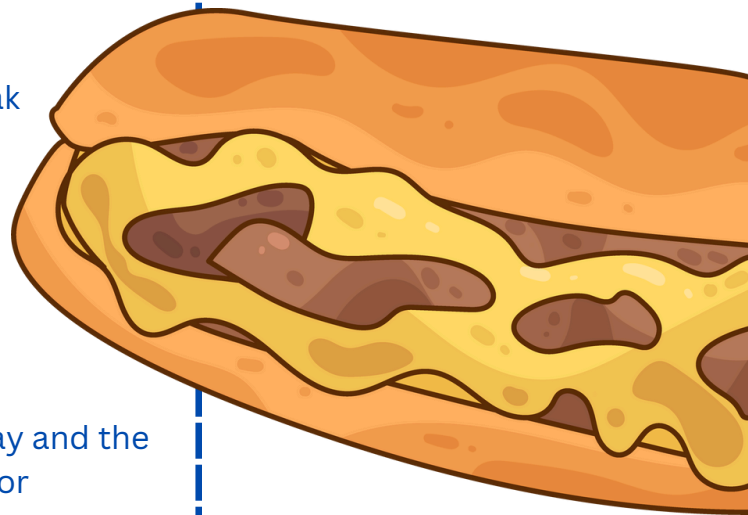
Ingredients:

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

Instructions:

1. Cook thin sliced steak
2. Assemble subs
3. Serve

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



Chicken Parmesan

Ingredients:

Chicken Patty (1 patty)
Red Sauce (4 oz)
Sliced Cheese (2 slice)
Penne Noodles (4 oz)
Applesauce (4 oz)
Bread Sticks (1 stick)
Salad Mix (4 oz)
Milk

Instructions:

1. Boil water and cook penne noodles
2. Cook chicken patties
3. Serve

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

THURSDAY MENU



Breakfast Burritos

Ingredients:

Tortillas (2 tortillas)
Liquid Egg Mix (4 oz)
Bacon (2 slices)
Shredded Cheese (2 oz)
Fresh Fruit (4 oz)
Juice
Milk

Instructions:

1. Cook bacon
2. Cook scrambled eggs
3. Assemble burritos
4. Serve

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

Pizza Flatbreads

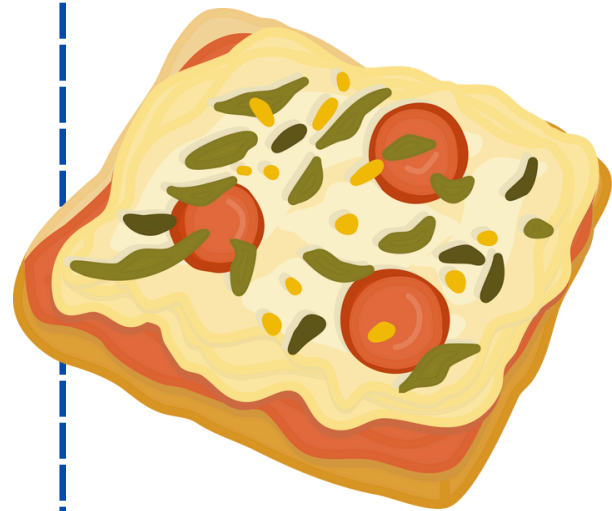
Ingredients:

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

Instructions:

1. Assemble flatbreads
2. Heat
3. Serve

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



Chicken Pitas

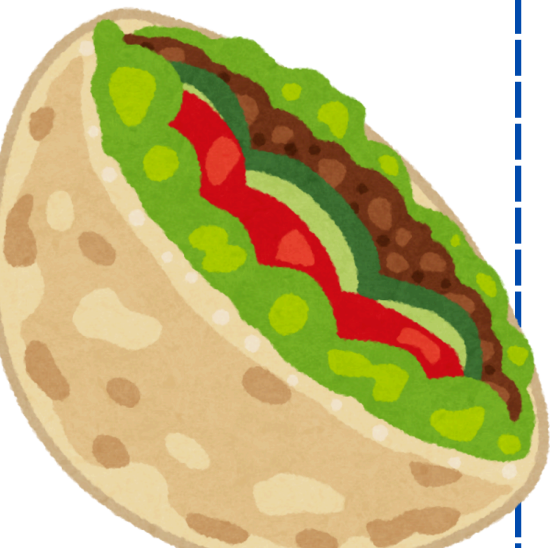
Ingredients:

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

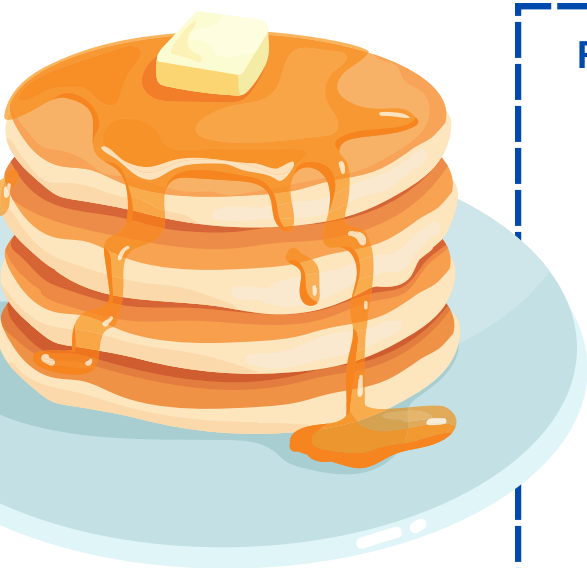
Instructions:

1. Cook grilled chicken strips
2. Assemble pitas
3. Serve

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



FRIDAY MENU



Flapjack Friday

Ingredients:

Flapjack Mix (2 flapjacks)
Sausage Links (2 links)
Fruit (4 oz)
Juice
Milk

Instructions:

1. Mix powder with water
2. Cook sausage links
3. Pour batter and cook flapjacks
4. Serve

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

Bosco Submarines

Ingredients:

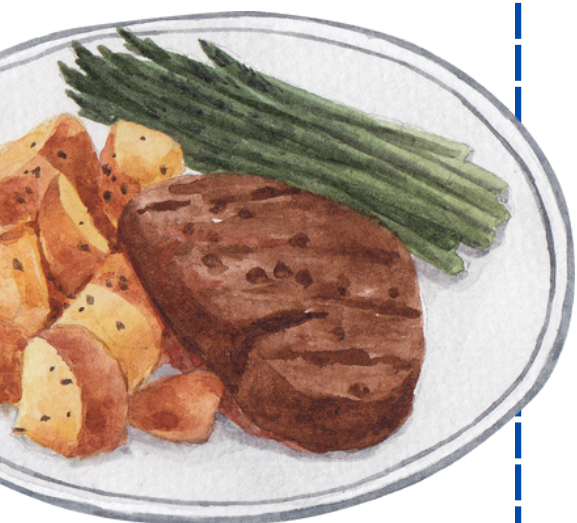
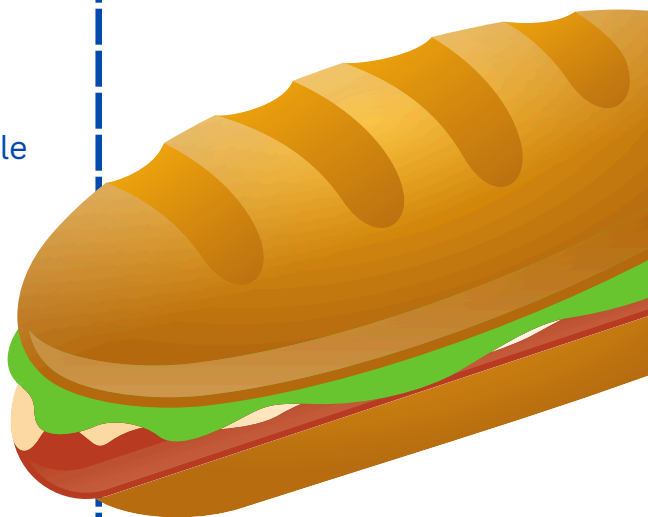
Sub Bun (1 bun)
Deli Meat (4 slices)
Lettuce* (2 oz)
Tomato* (2 oz)
Pineapples (2 oz)
Chips (2 oz)
Bug Juice

Instructions:

1. Slice tomato into slices*
2. Lay out sandwich parts to assemble
3. Serve

* Available upon request.

Prayer: 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.



Steak Dinner

Ingredients:

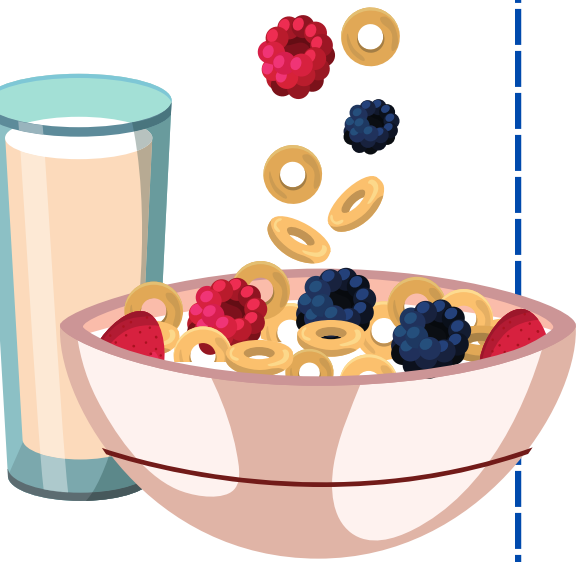
Steak (1 steak)
Mushrooms (2 oz)
Onions (2 oz)
Diced Potatoes (2 oz)
Salad Mix (4 oz)
Canned Fruit (4 oz)
Cookies (2 cookies)
Milk

Instructions:

1. Fry diced potatoes in a pan
2. Sauté mushrooms and onion in a pan
3. Grill or pan fry steaks
4. Serve

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

SATURDAY MENU



Continental Breakfast

Ingredients:

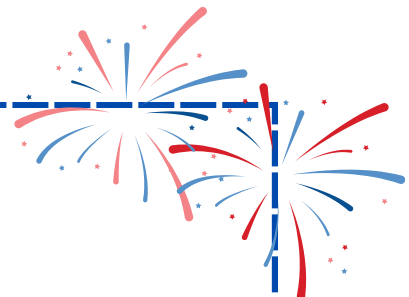

Cereal
Pop Tarts
Fresh Fruit
Bagels
Juice
Milk
Danish
Donuts

Instructions:

1. Enjoy

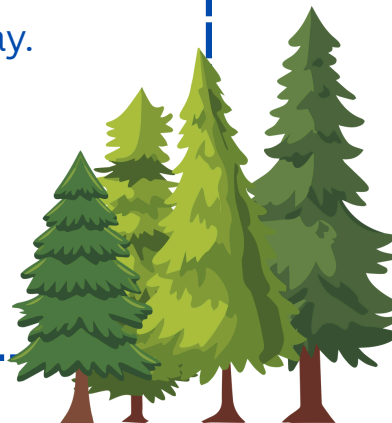

Prayer: Gracious giver of all food, we thank thee for the rest and food, grant all we do or say, in thou service be this day. Amen.

COLE CANOE BASE PRAYER



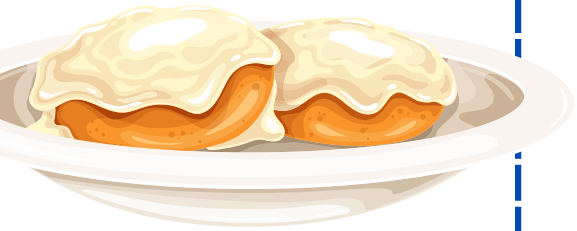
Great Scoutmaster in the Sky,
Here at Cole we give thanks,
For our river and our trails,
And for the friends who feel like family.

Thank you for the food before us,
The hands that prepared it,
And the strength to live by the Scout Law each day.



May we paddle forward with purpose,
Serve others with kindness,
And leave this camp better than we found it.
Amen.

ALTERNATE BREAKFAST



Biscuits & Gravy

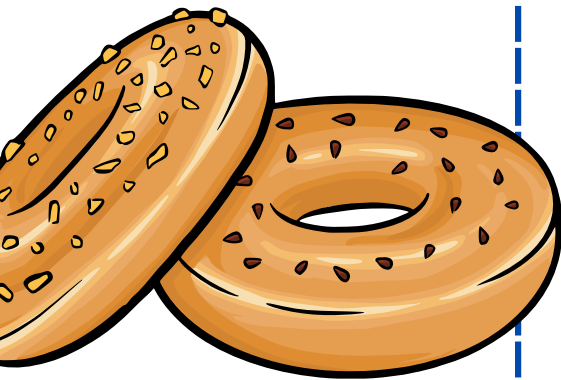
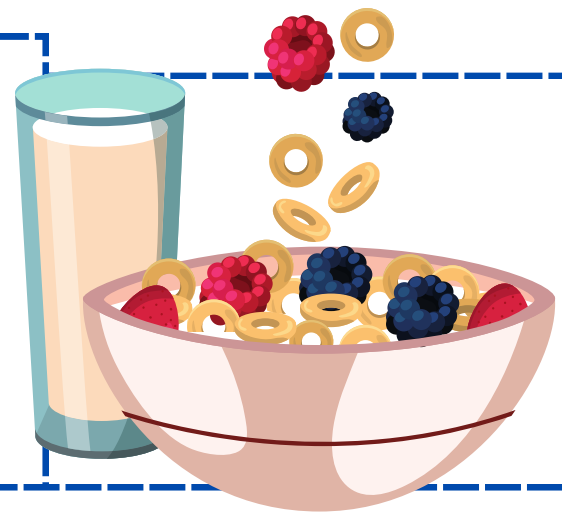
Ingredients:
Buttermilk Biscuits
Sausage Gravy
Fruit
Juice
Milk

Instructions:
1. Heat biscuits in pan
2. Heat sausage gravy in a pot
3. Serve

Continental Breakfast

Ingredients:
Cereal
Pop Tarts
Fruit
Juice
Milk

Instructions:
1. Serve



Bagel Sandwiches

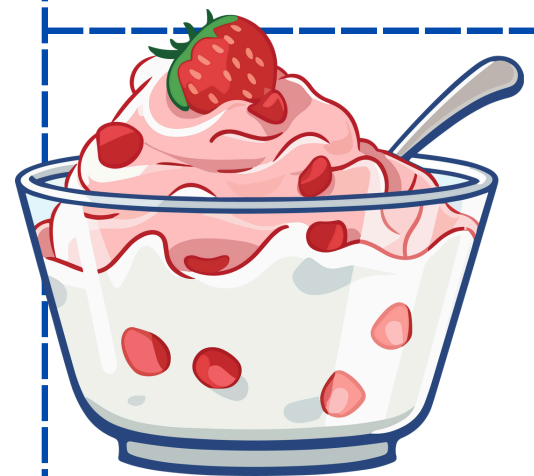
Ingredients:
Plain or Raisin Bagel
Egg Patty
Sausage Patty
Fruit
Juice
Milk

Instructions:
1. Split bagels
2. Heat egg and sausage patties
3. Serve

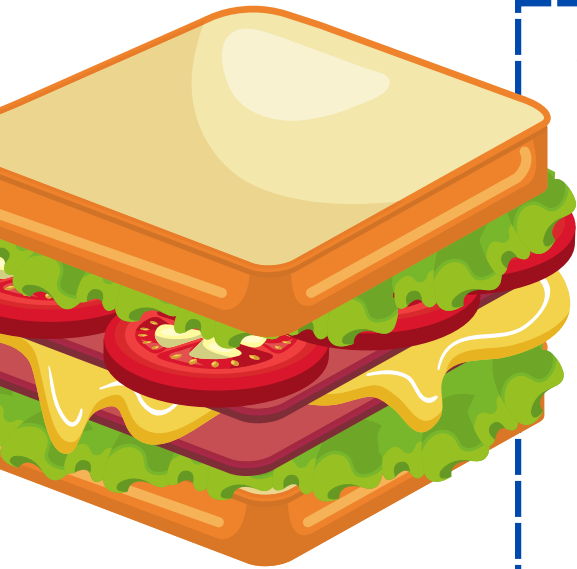
Yogurt Bar

Ingredients:
Vanilla Yogurt
Strawberry Yogurt
Granola
Fresh Fruit
Juice
Milk

Instructions:
1. Serve



ALTERNATE LUNCHES



Sandwiches

Ingredients:

Sandwich Bread
Deli Meat or PB&J
Sliced Cheese
Fruit
Veggies
Chips
Bug Juice

Instructions:

1. Lay out sandwich parts to assemble
2. Serve

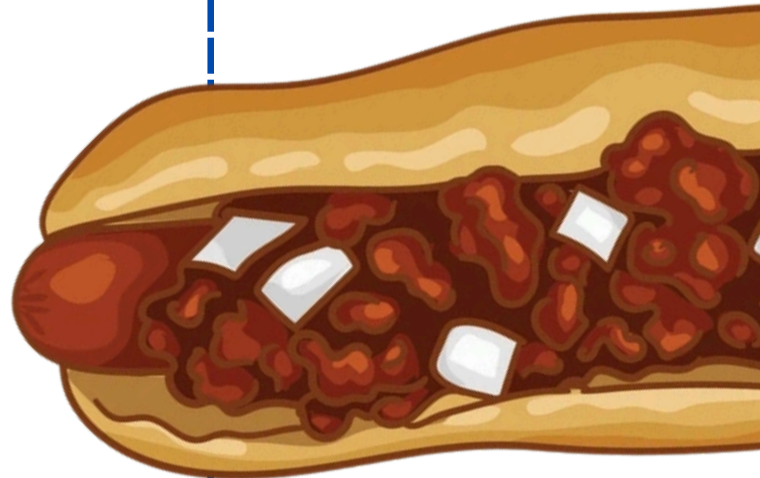
Chili Dogs

Ingredients:

Hot Dog Buns
Hot Dog
Chili
Cheese
Fruit
Veggie
Chips
Bug Juice

Instructions:

1. Heat chili in a pot
2. Grill or pan fry hot dogs
3. Serve



Nachos

Ingredients:

Corn Chips
Nacho Cheese
Salsa
Sour Cream
Fruit
Bug Juice

Instructions:

1. Heat nacho cheese
2. Lay out ingredients
3. Serve

ALTERNATE DINNERS



Stew or Dumpling

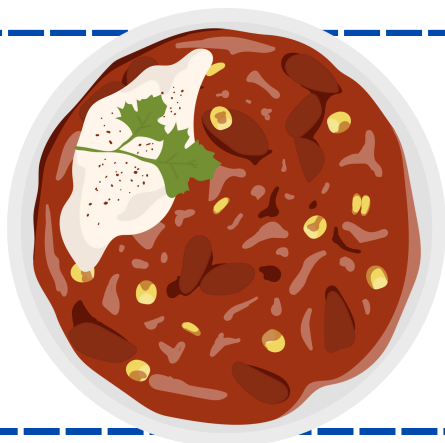
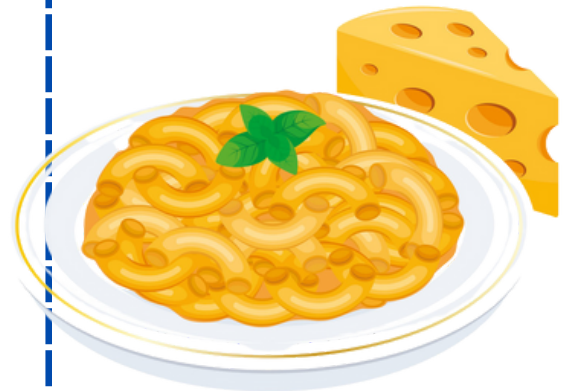
Ingredients:
Beef Stew or
Chicken & Dumplings
Dinner Roll
Fruit
Veggie
Milk

Instructions:
1. Heat beef stew or chicken &
dumpling in a pot.
2. Serve

Tuna Mac n' Cheese

Ingredients:
Mac n' Cheese
Canned Tuna
Fruit
Veggie
Milk

Instructions:
1. Boil water for mac n' cheese
2. Add noodles, drain, then mix with
cheese sauce
3. Add tuna, stir
4. Serve



Chili Con Carne

Ingredients:
Chili Can Carne
Sour Cream
Shredded Cheese
Fruit
Veggie
Milk

Instructions:
1. Heat Chili Con Carne in a pot
2. Serve with sour cream and
shredded cheese on the side

Soup & Salad Bar

Ingredients:
Soup
Salad Mix
Salad Toppings
Salad Dressing
Breadsticks
Milk

Instructions:
1. Mix salad and toppings
2. Heat soup
3. Serve

