

Laurel Highlands Council
NYLT 2022
Course Menus

Breakfast

Ham & Cheese Casserole
Sausage & Egg Casserole
French Toast Sticks & Bacon
Bagels, Cream Cheese & Jelly
Assorted Cereals, Fruit, Donuts and Breads
Milk and Juice

Lunch

Bologna Sandwiches
Hot Dogs
Turkey Wraps
Ham & Cheese Sandwiches
Hoagies
Assorted Cheeses, Lettuce, Tomatoes and Condiments
Assorted Chips, Fruits, Breads, Buns and Wraps
Water, Lemonade, Fruit Drink

Dinners

Cheeseburgers with Baked Beans, Pudding, Chips
Spaghetti & Meatballs
Grilled Chicken with Rice Pilaf, Corn and Applesauce
Beef Stew with Parsley Potato's, Green Beans and Fruit Cocktail
Meatball Sandwiches, Chips and a Variety of Snacks **(Out Post Night)**
BBQ Chicken, Mashed Potatoes, Corn, Green Beans, Salad, Fruit Medley, Cake

Cracker Barrels

Veggies and Dip
Popcorn and Candy Bars **(Movie night)**
Corn Chips, Nacho Cheese and Salsa
Cookies
Fruit Drink, Lemonade, Water, Milk, Juice

Menus items above contain eggs, dairy products, wheat and gluten, beef, pork and chicken.

Some menu items may contain nuts or have been processed on machines that also process foods with nuts. Every effort is made to minimize foods containing nuts or processed on machines that also process nuts.

Selected Dietary offerings can be provided to meet the needs of our participants:

Gluten Free Items (Pasta, Breads, Cookies, Snacks)

Vegetarian items (Soy or Boca Burgers, Additional salads or vegetable offerings)

Nut (tree and otherwise) Free options

Lactose Free Milk and Food selections.

If a participant's dietary needs cannot be met with the above menus, participants should plan on bringing appropriate food sufficient for the week.

Any food items brought to camp MUST BE given to our QM staff at incoming registration so it can be properly stored and provided at mealtimes.

Please indicate on the application that you would like to be contacted regarding any special dietary needs.