



Summer Camp Menu Information

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Summer Camp Main Menu – Sinoquipe <i>(subject to substitutions and update)</i>				
Day	Breakfast	Lunch	Dinner	Social
Sunday	No Meal Service	Staff Lunch To Be Determined Each Week	Stuffed chicken cordon blue 4oz Seasoned Mixed Vegetables 3oz Maccaroni & Cheese 3oz Cake w/assorted toppings	
Monday	Belgian Waffle (1) Syrup or fruit topping 1oz Sausage Link (2) 1oz	Hot Dog (1) on WG bun (1) w/optional Chili & cheese sauce Seasoned potato bites 4oz Frozen fruit or applesauce cup (1)	Taco Salad w/seasoned taco meat Corn tortilla chips, ranchero beans Shred. Lettuce, tomato, cheese & Salsa Soft Pretzel Bites (4) w/caramel sauce	
Tuesday	Scrambled Eggs 3oz Sausage Patty (1) 1.5 oz Hash Brown patty (1) 2oz	Chicken patty (1) on WG bun (1) Baked Beans 3oz Carrot sticks (4) w/ranch dipping cup Fresh baked cookie sugar (1)	Salisbury steak 4oz w/ gravy 2oz Oven roasted potato wedges 3oz Seasoned Carrots 3oz Pudding (chocolate or vanilla)	Scouts BSA Leaders Dinner - Sinoquipe Grilled Beef Strip steak 6oz Assorted prepared salads tossed salad, Assorted cakes
Wednesday	Buttermilk Pancake (3) Syrup or fruit topping 1oz Sausage Link (2) 1oz	Italian meatball (3) w/sauce on roll (1) Seasoned Green beans 3oz Frozen fruit or applesauce cup (1)	Campsite Cooking; Fajitas w/ Seasoned chicken strips 4oz w/peppers & onions, cheese, salsa cup Flour tortilla (2) pinto beans 3oz Apple filled churro (1)	
Thursday	Scrambled Eggs 3oz Fresh baked Biscuit (1) w/sausage gravy 2oz	Pulled pork BBQ 4oz on WG bun (1) Coleslaw 3oz, BBQ Pinto Beans 3oz Fresh baked cookie oatmeal raisin (1)	Penne pasta 1oz. w/meat sauce 3oz Seasoned green beans 3oz Garlic bread (1) Ice Cream Cup (1) (choc, van, straw)	OA Fellowship, Veterans & Eagle Social
Friday	WG French Toast (2) 1.4oz Syrup or fruit topping 1oz Sausage Link(2) 1oz	Chicken tenders (3) w/asst. dipping sauce Seasoned Corn 3oz Carrot sticks (4) w/ranch dipping cup Fresh baked cookie chocolate chip (1)	Hamburger 4oz on WG bun (1) Shred lettuce/sliced tomato/cheese Potato Chips (1) Fresh cut watermelon	
Saturday	Breakfast to go pack on request. Breakfast sandwich Apple Sauce Juice cup 4oz	No Meal Service	No Meal Service	
Beverages	Coffee, Iced Tea Water, Milk, Drink Mix	Coffee, Iced Tea Water, Drink Mix	Coffee, Iced Tea Water, Drink Mix	Coffee, Iced Tea Water, Drink Mix
Food Bars	Assorted Dry Cereal – some gluten Oatmeal WG bread, English Muffin, bagel Jelly packets, margarine, peanut butter Yogurt Bar – asst. yogurt, toppings Assorted Fresh Fruit Bar	Salad Bar w/ Lettuce mix, tomato, cucumber, mushroom, chickpea, olive, cheese, croutons , assorted dressing Assort. Soup & Chili Bar Peanut Butter & Jelly, WG Bread Assorted Fresh Fruit Bar	Salad Bar w/ Lettuce mix, tomato, cucumber, carrots, mushroom, chickpea, olive, cheese, croutons , assorted dressing Peanut Butter & Jelly, WG Bread Assorted Fresh Fruit Bar	Socials Menu: Bagged Potato Chips and Popcorn Chips & Salsa Granola Bar Vanilla Ice Cream w/topping: Strawberry, pineapple, chocolate, whip crm.

The kitchens at Camp Rock Enon and Camp Sinoquipe use and serve products that may contain peanuts, tree nuts, wheat (gluten), egg, milk, soy, sesame, fish, crustaceans, and shellfish products.

Report Food Allergies or Special dietary needs to the kitchen staff in advance by completing the form at www.sacscouting.org/foodservice.

Some Gluten free, Pork free and vegetarian menu options are available upon request in at least 2-weeks in ADVANCE.

Please Note: Additional fee may apply for Special Dietary requests.

Menu is subject to change without prior notice. WG = Whole Grain. **RED** items contain GLUTEN, a Gluten Free option may be available.

Summer Camp Vegetarian Menu – Sinoquipe (subject to substitutions and update)

Day	Breakfast	Lunch	Dinner	Social
Sunday	No Meal Service	Staff Lunch To Be Determined Each Week	Garden vegetable patty (1) Seasoned Mixed Vegetables 3oz Macaroni & Cheese Cake w/assorted toppings	
Monday	Belgian Waffle (1) Syrup or fruit topping 1oz Plant based sausage patty (1) 1.5oz	Plant based Bratwurst on WG bun (1) w/optional cheese sauce Seasoned potato bites 4oz Frozen fruit or applesauce cup (1)	Taco Salad black bean patty Corn tortilla chips, ranchero beans Lettuce, tomato, cheese & Salsa Soft Pretzel Bites (4) w/caramel sauce	
Tuesday	Scrambled Eggs 3oz seasoned w/onion & cheese Plant based sausage Patty (1) 1.5 oz Hash Brown patty (1) 2oz	Plant chicken tenders (2) on WG bun (1) Baked Beans (4oz) Carrot sticks (4) w/ranch dipping cup Fresh baked cookie (1)	Malibu patty (1) Oven Roasted Potato Medley 3oz Seasoned carrots 3oz Pudding (chocolate or vanilla)	Scouts BSA Leaders Dinner – Rock Enon Malibu patty(2) Assorted prepared salads tossed salad, Assorted cakes
Wednesday	Buttermilk Pancake (3) Syrup or fruit topping 1oz Plant based Sausage patty (1) 1.5oz	Italian PB meatball (3) w/sauce on roll Seasoned green beans 3oz Frozen fruit or applesauce cup (1)	Campsite Cooking: Fajitas w/Plant based vegetable strips Peppers & onions, cheese, salsa Flour tortilla (2) pinto beans Apple filled churro (1)	
Thursday	Scrambled Eggs 3oz seasoned w/onion & cheese Fresh baked biscuit (1) w/ peppered gravy 2oz	Plant based beef patty on WG bun (1) Coleslaw 3oz, BBQ Beans 3oz Fresh baked cookie (1)	Penne pasta 1oz. w/sauce 3oz Seasoned green beans 3oz Garlic bread (1) Ice Cream Cup (1) (choc, van, straw)	OA Fellowship, Veterans & Eagle Social
Friday	WG French Toast (2) 1.4oz Syrup or fruit topping 1oz Plant based sausage patty(2) 1.5oz	Plant based breaded tenders (3) w/asst. dipping sauce Seasoned Corn 3oz Carrot sticks (4) w/ranch dipping cup Fresh baked cookie (1)	Plant based patty on WG bun (1) Shred lettuce/sliced tomato/cheese Potato Chips (1) Fresh Cut Watermelon	
Saturday	Breakfast to go pack on request. Breakfast sandwich Apple Sauce Juice cup 4oz	No Meal Service	No Meal Service	
Beverages	Coffee, Iced Tea Water, Milk, Drink Mix	Coffee, Iced Tea Water, Drink Mix	Coffee, Iced Tea Water, Drink Mix	Coffee, Iced Tea Water, Drink Mix
Food Bars	Assorted Dry Cereal – some gluten Oatmeal WG bread, English Muffin, bagel Jelly packets, margarine, peanut butter Yogurt Bar – asst. yogurt, toppings Assorted Fresh Fruit Bar	Salad Bar w/ Lettuce mix, tomato, cucumber, mushroom, chickpea, olive, cheese, croustons, assorted dressing Assort. Soup & Chili Bar Peanut Butter & Jelly, WG Bread Assorted Fresh Fruit Bar	Salad Bar w/ Lettuce mix, tomato, cucumber, carrots, mushroom, chickpea, olive, cheese, croustons, assorted dressing Peanut Butter & Jelly, WG Bread Assorted Fresh Fruit Bar	Socials Menu: Bagged Potato Chips and Popcorn Chips & Salsa Granola Bar Vanilla Ice Cream w/topping: Strawberry, pineapple, chocolate, whip crm.

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Summer Camp Patrol Campsite Cooking Menu – Sinoquipe <i>(subject to substitutions and update)</i>				
Day	Breakfast	Lunch	Dinner	Social
Sunday	No Meal Service	Staff Lunch To Be Determined Each Week	SERVED IN DINING HALL Stuffed chicken cordon blue 4oz Seasoned Mixed Vegetables 3oz Maccaroni & Cheese 3oz Cake w/assorted toppings	
Monday	Breakfast Sandwich w/egg, Canadian bacon & cheese on toasted English muffin Assorted danish	Hot Dog (2) on WG bun (1) Seasoned potato bites 4oz Frozen fruit or applesauce cup (1)	Taco Salad w/seasoned taco meat 6oz Served w/corn tortilla chips, shred. Lettuce, tomato, cheese & salsa Soft Pretzel Bites (4) w/caramel sauce	
Tuesday	Eggs Your Way (3) Sausage link (3) 1oz Hash Brown patty (2) 2oz	Chicken breast (1) on WG bun (1) w/lettuce, tomato, cheese Baked Beans 3oz Carrot sticks (4) w/ranch dipping cup cookie sugar (1)	Salisbury steak (2) 4oz w/ gravity 2oz Pan fried diced potato 3oz Seasoned carrots 3oz Pudding (chocolate or vanilla)	Scouts BSA Leaders Dinner – Sinoquipe <i>Served at Hose pavilion</i> Grilled steak Assorted prepared salads tossed salad, Assorted cakes
Wednesday	Pancakes (3) Syrup Sausage patty (2) 1.5oz	Italian meatball (4) w/sauce on roll (1) Seasoned green beans 3oz Chips (1) Frozen fruit or applesauce cup (1)	Fajitas w/ Seasoned chicken strips 6oz w/peppers & onions, cheese, salsa cup Flour tortilla (2) pinto beans Apple filled churro (1)	
Thursday	Scrambled Egg omelet 3oz w/diced ham, onion & cheese Fresh baked biscuit (1)	Pulled pork BBQ 4oz on WG bun (1) Coleslaw 3oz, BBQ Pinto Beans 3oz cookie oatmeal raisin (1)	Penne pasta 1oz. w/meat sauce 4oz Seasoned Green beans 3oz Garlic bread (1) Ice Cream Cup (1) (choc, van, straw)	OA Fellowship, Veterans & Eagle Social
Friday	French Toast (3) Syrup 1oz Sausage patty (2) 1.5oz	Grilled Cheese sandwich (2) Soup Carrot sticks (4) w/ranch dipping cup cookie chocolate chip (1)	Hamburger (2) 4oz on WG bun (2) Shred lettuce/sliced tomato/cheese Potato Chips (1) Fresh cut watermelon	
Saturday	Breakfast to go pack on request <i>Served from Dining Hall</i> Breakfast sandwich Apple Sauce or Fruit Cup Juice cup 4oz	No Meal Service	No Meal Service	
Beverages	Water, Milk, Drink Mix packet	Water, Drink Mix	Water, Drink Mix	
Extras	Assorted Dry Cereal – some gluten Oatmeal packets WG sliced bread Jelly packets, margarine, peanut butter Yogurt cups Assorted Fresh Fruit	Peanut Butter & Jelly, WG Bread Assorted Granola Bars Assorted Fresh Fruit	Tossed Salad w/ Lettuce mix, tomato, cucumber, assorted dressing packets Peanut Butter & Jelly, WG Bread Assorted Fresh Fruit	

Cooking stove and basic equipment will be provided. Complete cooking instructions will be available prior to your arrival at camp.

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