



Summer Camp Menu Information

1. Rock Enon Main Menu
2. Rock Enon Vegetarian Menu

Summer Camp Main Menu – Rock Enon *(subject to substitutions and updates)*

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 Baked Beans 3oz Carrot sticks (4) w/ranch dipping cup Frozen fruit or applesauce cup (1)	Penne pasta 1oz. w/meat sauce 3oz Seasoned green beans 3oz Garlic bread (1) Ice Cream Cup (1) (choc, van, straw)	Veterans & Eagle Social
Tuesday	Scrambled Eggs 3oz Sausage Patty (1) 1.5 oz Hash Brown patty (1) 2oz	Corn Dog Nuggets (6) Seasoned Corn 3oz Carrot sticks (4) w/ranch dipping cup Frozen fruit or applesauce cup (1)	Hamburger 4oz on WG bun (1) Shred lettuce/sliced tomato/cheese Seasoned Potato bites (4oz) Fresh cut watermelon	
Wednesday	Buttermilk Pancake (3) Syrup or fruit topping 1oz Sausage Link (2) 1oz	Breaded chicken tenders (2-3) w/asst. dipping sauce Seasoned Green Beans 3oz Fresh baked cookie (1)	Optional Campsite Cooking; Fajitas w/ Seasoned chicken strips 4oz w/peppers & onions, cheese, salsa cup Flour tortilla (2) pinto beans 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 (1)	Salisbury steak 4oz w/ gravy 2oz Oven roasted potato wedges 3oz Seasoned Carrots 3oz Pudding (chocolate or vanilla)	Scouts BSA Leaders Dinner – Rock Enon Grilled Beef Strip steak 6oz Assorted prepared salads tossed salad, Assorted cakes
Friday	WG French Toast (2) Syrup or fruit topping 1oz Sausage Link(2) 1oz	Chicken patty on WG bun (1) Seasoned potato bites 4oz Carrot sticks (4) w/ranch dipping cup Fresh baked cookie (1)	Taco Salad w/seasoned taco meat Corn tortilla chips, ranchero beans Shred. Lettuce, tomato, cheese & Salsa Soft Pretzel Bites (4) w/caramel sauce	
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 & Grits 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 – Rock Enon *(subject to substitutions and updates)*

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 3oz Cake w/assorted toppings	
Monday	Belgian Waffle (1) Syrup or fruit topping 1oz Plant based sausage patty (1) 1.5oz	Plant based frankfurter on WG bun (1) w/optional cheese sauce Baked Beans (4oz) Carrot sticks (4) w/ranch dipping cup Frozen fruit or applesauce cup (1)	Penne pasta 1oz. w/sauce 3oz Seasoned green beans 3oz Garlic bread (1) Ice Cream Cup (1) (choc, van, straw)	Veterans & Eagle Social
Tuesday	Scrambled Eggs 3oz Plant based sausage Patty (1) 1.5 oz Hash Brown patty (1) 2oz	Plant based corndog (1) Seasoned Corn 3oz Carrot sticks (4) w/ranch dipping cup Frozen fruit or applesauce cup (1)	Plant based beef patty on WG bun (1) Shred lettuce/sliced tomato/cheese Seasoned Potato bites 3oz Fresh Cut Watermelon	
Wednesday	Buttermilk Pancake (3) Syrup or fruit topping 1oz Plant based sausage Patty (1) 1.5 oz	Plant based breaded tenders (2-3) w/asst. dipping sauce Seasoned Green Beans 3oz Fresh baked cookie (1)	Optional 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 Fresh baked biscuit (1) w/ peppered gravy 2oz	Plant based patty on WG bun (1) Coleslaw 3oz, BBQ Beans 3oz Fresh baked cookie (1)	Malibu patty (1) Oven Roasted Potato Wedges 3oz Seasoned carrots 3oz Pudding (chocolate or vanilla)	Scouts BSA Leaders Dinner – Rock Enon Malibu patty(2) Assorted prepared salads tossed salad, Assorted cakes OA Fellowship
Friday	WG French Toast (2) 1.4oz Syrup or fruit topping 1oz Plant based sausage Patty (1) 1.5 oz	Plant based tenders on WG bun (1) Seasoned potato bites 4oz Carrot sticks (4) w/ranch dipping cup Fresh baked cookie (1)	Taco Salad w/black bean patty Corn tortilla chips, ranchero beans Lettuce, tomato, cheese & Salsa Soft Pretzel Bites (4)	
Saturday	Breakfast to go pack on request. Breakfast sandwich Apple Sauce or Fruit Cup 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 & Grits 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.