

# SAMPLE MENU

(All meals are subject to change at any time)

**PLEASE NOTE:** Food will be prepared by cafeteria staff at your lodging facility. It's going to be great, but keep in mind- it's cafeteria style food. It's not a fancy made-to-order restaurant.

## BREAKFAST

Participants will have one or more of the following options:

Scrambled eggs, French toast, tater circles, sausage, pancakes, breakfast burritos, English muffins

Accompaniments (each day): Cereal, yogurt, wheat bread, juice, coffee, tea, variety of fruit

## LUNCH

Lunches are picnic style and at the worksites. There will be: A variety of lunchmeat sandwiches, chips, a fruit or vegetable and a treat like a granola bar or cookie. Peanut butter and jelly will be available each day.

Beverages on the work site:

- ▶ Each day, participants will receive a bottle of water and 1 Propel packet to flavor it.
- ▶ Each crew will bring a full 5-gallon water container with them to the worksite.
- ▶ Each participant should bring a reusable water bottle to use on the worksites.

## DINNER

**Sunday:** Hamburgers, hotdogs, baked beans, fries and ice cream bars OR a Cosponsor provided meal

**Monday:** Chicken breast with teriyaki or BBQ sauce, mashed potatoes, corn, rolls and pudding

**Tuesday:** Taco bar with flour tortillas, taco shells, ground beef, tortilla chips, refried beans, rice, lettuce, tomato, cheese, onion, and strawberry shortcake

**Wednesday:** DINNER ON YOUR OWN. (Dinner will be provided at Navajo Mountain UT, Busby MT, and St Francis SD.)

**Thursday:** Popcorn chicken, mac and cheese, green beans, and brownies.

**Friday:** Baked ziti (one pan of vegetarian ziti), French bread, vegetable medley and ice cream

**Salad bar (every evening):** Featuring a variety of lettuce, spinach, grape tomatoes, carrots, cucumber, cottage cheese, garbanzo beans, cheddar cheese, croutons, and choice of Ranch or Italian dressing

Beverages: Lemonade and iced tea will be available

**If you have food allergies or restrictions, you are welcome to bring your own food to fill in. We are unable to accommodate unique requests. Please see the next few pages for more information.**

# FOOD RESTRICTIONS

**Group Mission Trips understands that there are many with dietary restrictions and food allergies. We want our staff and participants to work together to provide a safe environment for anyone with food restrictions.**

## **HOW DIETARY RESTRICTIONS WILL BE HANDLED:**

- If a participant has a food allergy or restriction, the Youth Leader should ensure that they are given Group's Sample Menu so they can see what will be served each day and supplement meals/food items as needed.
- If needed, the family or participant will be responsible for bringing their own food to accompany the meal that Group has provided. There will not be a reduction in registration fees since Group purchases food in bulk. Camp staff will assist by providing space for additional food in the kitchen or in another designated storage area.
- If the food allergy is severe, the Youth Leader should notify Group either by calling or via the online Dashboard prior to camp.
- Depending on the severity, the participant may need to be assigned to a crew with another person or adult from their own group that understands their food restriction/allergy. The participant needs to bring any associated medicine required (ie EpiPens). The participant should inform the rest of their work crew about their food restriction/allergy too, should an emergency arise.
- The participant may want to bring their own small cooler to keep their lunch separate from the others on their crew.
- Cafeteria staff will be able to provide ingredient information prior to each meal at camp. There will be signs posted in the cafeteria each day at camp that list vegetarian options.
- If you have any other questions, please feel free to call us at 1-800-385-4545, option 3.

**Please see the next 2 pages for gluten free and vegetarian options.**

# GLUTEN FREE

**We have listed here some possible options from our menu that may work for you. Please note that Group cannot guarantee that cooking surfaces or utensils have not been in contact with gluten, so the best way to be safe is to bring food with you. Anything marked (\*) may contain gluten additives so please check with the cafeteria staff when you get to camp.**

## **BREAKFAST**

Scrambled eggs\*  
Tater circles\*  
Sausage\*  
Yogurt  
Fruit  
Orange juice, milk, coffee, tea

## **LUNCH**

Lunch meat\*  
Peanut butter and jelly  
Cheese, tomatoes, lettuce, mayo, mustard  
Fruit or veggie options

## **DINNER**

**Salad bar each night:** Lettuce, spinach, grape tomatoes, carrots, cucumber, cottage cheese, garbanzo beans, cheddar cheese, dressing\* (Ranch and Italian)

Lemonade and iced tea

**Sunday:** Hamburger, hot dog, baked beans, fries, ice cream bars

**Monday:** Chicken breast (without sauce), mashed potatoes\*, corn

**Tuesday:** Taco shells, tortilla chips, ground beef, refried beans, rice, salsa, tomatoes, cheese, onions

**Wednesday:** Dinner on your own

**Thursday:** Salad bar and green beans

**Friday:** Vegetable medley (broccoli, cauliflower and carrots), ice cream cups

## **SUPPLEMENTAL ITEMS WE RECOMMEND YOU BRING:**

Gluten free bread  
Gluten free chips for lunch  
Fruit snacks/fruit leather  
String cheese  
Pepperoni  
Apples and Carrots  
Protein option for Friday's dinner

# VEGETARIAN

**We have listed here some possible options from our menu that may work for you. Anything marked (\*) may contain meat additives so please check with cafe staff when you get to camp.**

## BREAKFAST

French toast  
Tater circles  
Pancakes  
English muffins  
Wheat toast  
Oatmeal  
Yogurt  
Fruit  
Cereal  
Cheese  
Butter, jelly, peanut butter  
Orange juice, coffee, tea

## LUNCH

Bread  
Peanut butter and jelly  
Cheese, tomatoes, lettuce, mayo, mustard  
Chips  
Fruit or veggie options  
A variety of treats (like granola bar or cookie)

## DINNER

**Salad bar each night:** Lettuce, spinach, grape tomatoes, carrots, cucumber, cottage cheese, garbanzo beans, cheddar cheese, dressing\* (Ranch and Italian)

**Sunday:** Baked beans\*, buns, fries, and ice cream bars

**Monday:** Mashed potatoes, corn, rolls, and pudding

**Tuesday:** Flour tortillas, taco shells, tortilla chips, salsa, diced tomatoes, onions, lettuce, sour cream, cheese, refried beans\*, and strawberry shortcake

**Wednesday:** Dinner on your own

**Thursday:** Mac and cheese, green beans, and brownies

**Friday:** Baked ziti, French bread, vegetables, and ice cream

Lemonade and iced tea