

Summer Camp
August 26-28, 2005

Menu

<u>Day</u>	<u>Meal</u>	<u>Menu</u>	<u>Ingredients</u>
Friday	Mug-up	Hot chocolate Marshmallows Apples dipped in chocolate sauce	Hot chocolate powder Milk Mini-marshmallows Apples, cored and sliced Chocolate sauce
Saturday	Breakfast	Porridge Bacon Eggs Toast Jam Juice	Oatmeal Milk Brown sugar Bacon Eggs Bread Strawberry jam Oranges sliced Juice crystals
	Pre-lunch	Trail mix Fruit Juice	Trail mix Oranges sliced Juice crystals
	Lunch	Chicken soup Hot dogs Vegetables Fruit Cubs bring their own drink	Canned chicken soup Hot dogs hot dog buns Ketchup Mustard Carrot sticks Apples
	Supper	Chilli Vegetables Fruit Juice	Chilli home made Corn chips Shredded cheese Buns Carrot sticks Cucumber slices Celery sticks Pepper slices Ranch dressing for dip Lettuce Apples Bananas Juice crystals
	Mug-up	Hot chocolate Marshmallows Brown Bears	Chocolate powder Milk Mini-marshmallows Pilsbury dough Cinnamon Sugar Butter Tin foil
Sunday	Breakfast	Porridge Sausages Eggs Toast Jam Juice Fruit	Oatmeal Milk Brown sugar Sausages Eggs Bread Strawberry jam Juice crystals Oranges sliced Apples, left overs
	Miscellaneous		Coffee Cream Cookies