

3ABN Summer Camp Meeting **MENU**

THURSDAY Breakfast:

Scrambled Tofu
Vegan Sausage
English Muffins
Hot Oatmeal
Nut Butter
Cereal Bar
Vegan Milks
Hot Beverages (*Tea, Dandy Blend*)

THURSDAY Lunch:

Veggie Burger
*Condiments (Onion, Lettuce,
Tomato, Pickles)*
Vegan Macaroni & Cheese
Baked Beans
Dessert

FRIDAY Breakfast:

Biscuits with Vegan “Sausage” Gravy
Cereal Bar
Hot Oatmeal
Fresh Fruit
Honey, Sweetener
Vegan Milks
Hot Beverages (*Tea, Dandy Blend*)

FRIDAY Lunch:

Italian Casserole
Peas
Salad with Dressings
Vegan Garlic Bread
Dessert

SABBATH Breakfast:

Biscuits or English Muffins
Jam, Nut-Butter
Cereal Bar
Hot Oatmeal
Fresh Fruit
Vegan Milks
Hot Beverages (*Tea, Dandy Blend*)

SABBATH Lunch:

Haystacks:
*Chips
Beans
Lettuce
Tomatoes
Onions
Olives
Vegan Cheese
Salsa*
Dessert

SABBATH Evening Snack:

Raw Veggies
Vegan Dips
Hummus
Crackers
Cookies

SUNDAY Breakfast:

Pancakes
Syrup and Apple Sauce
Fresh Fruit
Nut Butter
Cereal
Vegan Milks
Fruit
Hot Beverages (*Tea, Dandy Blend*)