

3ABN Spring Camp meeting Menu

Thursday Breakfast

Scrambled Tofu
Vegan Sausage
English Muffins
Hot Oatmeal
Nut butter
Cereal Bar
Fresh fruit
Almond Milk
Hot Coffee (Dandy Blend) Drink

Thursday Lunch

Veggie Burger
(condiments) onion, lettuce, tomato, pickles
Macaroni & Cheese
Chili Beans
Desert
Drink

Friday Breakfast

Biscuits with sausage like gravy
Spicy Polenta with tomato and avocado
Cereal Bar
Hot Oatmeal
Fresh fruit
Honey, Sweetener
Juice
Almond Milk
Hot Tea (Dandy Blend) beverage

Friday Lunch

Baked Mushroom Pasta alfredo
Peas
Salad with Dressings
Garlic and buttered style Bread
Desert
Drink

Sabbath Breakfast

Breakfast Casserole
Biscuits or English Muffins
Cereal-Bar
Granola
Hot Oatmeal
Fresh Fruit
Juice
Hot Tea, (Dandy Blend) beverage

Sabbath Lunch

Meatless Loaf
Mashed Potatoes
Gravy
Vegetable
Salad
Dressings
Desert
Drink

Sabbath Afternoon Snack

Leftovers, Entrees, Salads, Fruit
Fresh Veggies with Dips, Hummus
Crackers
Drink

Sunday Breakfast

Pancakes
Syrup and Apple Sauce
Fresh Fruit
Nut butter
Drink
Any left-over cereal, Milk, Juice, or Fruit