

3ABN Summer Camp Meeting **MENU**

THURSDAY Breakfast:

Scrambled Tofu
Vegan Sausage
English Muffins
Hot Oatmeal
Nut Butter
Cereal Bar
Fresh Fruit
Almond Milk
Hot Beverages (*Tea, Dandy Blend Drink*)

THURSDAY Lunch:

Haystacks:
Corn Chips
Lettuce
Tomatoes
Onions
Vegan Cheese
Vegan Sour Cream
Salsa
Beans
Butler Taco Crumbles
Dessert
Drink

FRIDAY Breakfast:

Biscuits with Vegan Gravy
Spicy Polenta with Tomato and Avocado
Cereal Bar
Hot Oatmeal
Fresh Fruit
Honey, Sweetener
Juice
Almond Milk, Nut Milks
Hot Beverages (*Tea, Dandy Blend Drink*)

FRIDAY Lunch:

Lasagna
Peas
Salad with Dressings
Garlic and Buttered style Breads
Dessert
Drink

SABBATH Breakfast:

Breakfast Casserole
Biscuits or English Muffins
Cereal Bar
Hot Oatmeal
Fresh Fruit
Juice
Hot Beverages (*Tea, Dandy Blend Drink*)

SABBATH Lunch:

Meatless Loaf
Mashed Potatoes
Gravy
Vegetable
Salad
Dressings
Dessert
Drink

SABBATH Evening 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