



Camp Sample Menu

The following table lists samples of some of the menu items and options that you may see on a typical camp menu. These are sample items - menus vary and are customized according to availability. Blue Lake is proud to serve whole, nutritious, balanced foods that are not processed or pre-cooked. Our chef can accommodate a wide range of dietary needs and preferences.

	Sample Item
Breakfast	Juice, tea & coffee Cereal & milk Granola & yogurt Fresh fruit Pancakes or French toast Eggs & hash browns Sausage, bacon, or ham
Snack	Available through the day: Fresh fruit Juice & water
Lunch	Homemade soups Sandwiches or wraps Fresh cut veggies and dip or salad bar with homemade dressing Homemade turkey or beef burgers Grilled cheese sandwiches
Dinner	Lasagna—vegetarian and meat Stir fry—chicken/turkey or tofu, with fresh vegetables, and rice or quinoa Chili with homemade corn bread Black bean burritos with all the fixings Pita pizzas Baked turkey with roasted vegetables and quinoa Salad bar with homemade dressing Dessert—fresh fruit, homemade cookies or brownies etc.
Campfire Snack	Hot chocolate Homemade cookies, granola bars, squares, popcorn etc.

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