

Texas Camp 2019 Menus

Friday Breakfast

Scrambled eggs,

Turkey Sausage

Gravy

Biscuits, butter, jelly, single serve peanut butter

Oatmeal, cereal

Melon pieces, other fruit pieces, bananas, apples, berries, yogurt

Orange juice. Water

Friday Lunch- Cajun

Tacos- beef/turkey with GF seasoning mix. Vegan crumbles with GF seasoning mix. Taco shell.

With lettuce, tomato, cheese, sour cream

Pinto beans

Pico de Gallo, Salsa

Steamed rice

Salad bar, GFC special-

Cookies: oatmeal, peanut butter, chocolate chip (Otis Spunkmeier is fine) and Udi's for GF.

Friday Dinner-Cajun

Chicken Fajitas, Beef Fajitas with Sauteed onions

Vegan entrée: Stuffed Bell Peppers

Spanish Rice

Black Beans

Cheese, sour cream, salsa etc.

Salad Bar - add Avocado, chopped (this meal only)

Cake: chocolate, white, spice (can be sheet cakes from mixes)

(Pillsbury has as Gluten Free White cake mix)

Friday Party

Healthy Texas Caviar, 100% corn chips

Veggie tray with dips

Left over cake, pie, cookies