

MEALS FOR CAMP CELIAC 2009

BREAKFAST

Juices-Orange, Apple, 100% pure
Hood's Lactaid Milk (Lactose Free Campers)
General Mills Rice Chex Cereal, Cinnamon Rice Chex, Honey Rice Chex
Home Fries, Oil, Salt and Pepper Only
Eggs
English Muffins (Good Ju Ju Bakery)
Pancakes (Gluten-Free Pantry)
Syrup-Vermont Maid
Muffins (Kinnickinick Foods)
Fresh Fruit

SUNDAY, AUGUST 9, 2009

DINNER

Turkey, fresh only
White rice, Minute Rice
Green Beans
Rolls-(Chebe Bread Mix)
Cranberry Sauce
Beverages as listed
Ice Cream Cones (Barkaat Ice Cream Cones from Garden Spot Distributors and Hood Chippedy Chocolatey or Natural Vanilla Bean Ice Cream)

MONDAY, AUGUST 10, 2009

LUNCH

Tacos: Ground Beef, Prego Traditional Sauce, lettuce, tomato
Salad Bar: lettuce, tomato, cucumber, broccoli, cauliflower, eggs
Wishbone French, Ranch, Italian Salad Dressings

DINNER

Meatloaf (**Bread Crumbs from Gillian's**)
Mashed Potato
Carrots
Beverages as listed
Birthday Cake from Pamela's Products

TUESDAY, AUGUST 11, 2009

LUNCH

Surprise!

DINNER

Box Lunches from Go Picnic
Hi-C Juice Boxes

WEDNESDAY, AUGUST 12, 2009

LUNCH

Grilled Cheese, Kraft Singles American Cheese Slices

Whole Foods Gluten-Free Bake House Bread

Carrots and celery sticks

Soup from Kettle Cuisine

Crackers from Mary's Gone Crackers

Beverages as listed

Jello with Cool Whip

Peanut Butter and Jelly Sandwich on GF Bread

DINNER

Baked Ham (Do not use any sauces that come with the hams as they may not be gluten-free)

Baked Potato

Green Beans

Chebe Rolls

Birthday Cake from Pamela's Products

Beverages as listed

THURSDAY, AUGUST 13, 2009

LUNCH

Pizza (Still Riding Pizza)

Prego Sauce, Grated Cheese, Hormel Pepperoni, Hamburg, Veggies

Salad Bar: Lettuce, tomato, cucumber, broccoli, cauliflower, eggs

Wishbone Ranch, French, Italian Salad Dressings

Beverages as listed

Ice Cream Cream Cones-Baarkat Ice Cream Cones

Hood Chippedy Chocolaty or Natural Vanilla Bean Ice Cream

DINNER

Hamburgers on French Meadow Bakery Rolls

Cheese

Salad Bar

Potato Chips

Ketchup, Mustard

Birthday Cake from Pamela's Products

FRIDAY, AUGUST 14, 2009

LUNCH

Chicken Barbecue (Cattleman's or Sweet Baby Ray's or KC Masterpiece Barbecue sauces are gluten-free)

B & M Baked Beans

Corn on the cob

Beverages as listed

Birthday Cake from Pamela's Products

SNACKS (10:30 A.M., 3:30 P.M., 8:15 P.M.)

Popcorn

Fresh Fruit

Tostito Brand Chips with melted cheese

Muffins by Katz Gluten Free

Brownies Kinnickinick Foods

Cherry Brook Kitchen Cookies

Assorted Cookies from Aleia's Gluten-Free

Pretzels from Glutino/Ians

BEVERAGES, ETC.

Hi-C, Minute Maid juices all types, Lipton Sugar Sweetened Iced Tea Mix, Milk, Lactaid Milk, Water, Land-O-Lakes Margarine or Butter, Fleischman's Unsalted Margarine is lactose and gluten-free.

Cakes for our dance supplied by Mr. Ritt's Bakery