

# Menu

## Sequoia Running Camp 2010

<b>Sunday</b>	<b>Dinner:</b> Tacos, Beef w/taco seasoning, Spanish Rice w/ Picante Sauce, Refried Beans, Lettuce/Tomatoes, Guacamole, Shredded Cheese, Fruit
<b>Monday</b>	<b>Breakfast:</b> French Toast, Bananas, Link Sausages, Cereal <b>Lunch:</b> Soup du Jour, Cold Cuts, Fruit, PB &J, Lots of misc. lunch "stuff". Good, too! <b>Dinner:</b> Pasta w/Tomato, Italian Sausage, Pesto sauce, Salad, Bread, Pudding
<b>Tuesday</b>	<b>Breakfast:</b> Breakfast Burritos w/Eggs & Sausage, Tortillas, Fresh Fruit, Cereal <b>Lunch:</b> Cold Cuts, Fruit, Cookies, Chips/Salsa, lunch stuff <b>Dinner:</b> Hamburgers, Hot Dogs, Chili, Pasta Salad, Fruit, Corn on the Cob, Pudding
<b>Wednesday</b>	<b>Breakfast:</b> Scrambled Eggs, Fresh Fruit, Hash Browns, Bacon, Cereal <b>Lunch:</b> Cold Cuts, Soup du Jour, Fruit, Cookies <b>Dinner:</b> Grilled Chicken, Baked Potatoes, Macaroni & Cheese, Carrots/Celery, Fruit, Pudding
<b>Thursday</b>	<b>Breakfast:</b> French Toast, Corned Beef Hash, Fresh Fruit, Cereal <b>Lunch:</b> Grilled Cheese, Soup du Jour, Cold Cuts, Fruit, Cookies <b>Dinner:</b> Sliced Beef Roast w/Gravy, Mashed Potatoes, Veggies, Fruit, Pudding
<b>Friday</b>	<b>Breakfast:</b> No Breakfast <b>Lunch @ Lake:</b> Peanut Butter/Jelly, Cold Cuts, Crackers, Fruit, Cookies (Snack Bar!) <b>Dinner:</b> Spaghetti Meat/or Veggie, Italian Sausage, Green Salad, Fruit, French Bread, Pudding
<b>Saturday</b>	<b>Breakfast:</b> Breakfast Burritos, Sausage, Fruit, Cereal <b>Lunch:</b> Soup, Sandwiches, Fruit, Cookies <b>Dinner:</b> Hot Dogs/Chili Dogs, Macaroni & Cheese, Vegetables, Fruit, (anything left over)
<b>Sunday</b>	<b>Breakfast:</b> Scrambled Eggs, Corned Beef Hash, Tortillas, Anything Left

### Vegetarian Daily Items:

- Pasta Salad
- Various Soups
- Potato Salad
- Spaghetti/Pesto

+Just about anything you could want in a well stocked kitchen!