



# MENU

## Running Camp 2019

New Menu 2019 will contain several vegetarian entree items.  
Changes will occur later this summer. Stay tuned.

**Sunday**  
8/4

**Dinner:** Chipotle Style Bowls (Rice, Beans, Chicken/Beef, Corn Salsa, Chips), Fruit, Dessert

**Monday**  
8/5

**Breakfast:** French Toast, Bananas, Link Sausages, Cereal

**Lunch:** Soup du Jour, Cold Cuts, Fruit, Lots of Misc. Lunch Stuff. Good too!

**Dinner:** Mashed Potatoes w/ Sliced Tri-Tip, Chicken, Gravy, Carrots, Garlic Bread, Green Salad, Fruit, Dessert

**Tuesday**  
8/6

**Breakfast:** Breakfast Burritos w/Eggs & Sausage, Tortillas, Fresh Fruit, Cereal

**Lunch:** Tuna Salad, Cold Cuts, Chips/Salsa, Fruit, Cookies

**Dinner:** Pasta w/Meat Sauce/Tomato Sauce, Aglio/Olio sauce, Pesto, Butter-Olive Oil Sauces, Green Salad, Bread, Dessert

**Wednesday**  
8/7

**Breakfast:** Oatmeal, Bagels & Cream Cheese, Danish, Fresh Fruit, Cereal

**Lunch:** Cold Cuts, Soup du Jour, Fruit, Cookies

**Dinner:** Hamburgers, Hot Dogs/Chili Dogs, Chips, Macaroni & Cheese, Pasta Salad, Vegetables, Fruit, Dessert

**Thursday**  
8/8

**Breakfast:** Scrambled Eggs, Fresh Fruit, Hashed Browns, Cereal

**Lunch:** Grilled Cheese, Soup du Jour, Cold Cuts, Fruit, Cookies

**Dinner:** Shepherds Pie, Bread, Fruit Salad, Dessert

**Friday**  
8/9

**Breakfast:** No Breakfast

**Brunch @ Lake:** Almond Butter/Peanut Butter/Jelly, Cold Cuts, Crackers, Fruit, Cookies (Snack Shack!)

**Dinner:** Penne Pasta w/ Meat Sauce/Tomato Sauce/Pesto/Oil, Antipasto Salad, Fruit, French Bread, Dessert

**Saturday**  
8/10

**Breakfast:** Breakfast Burritos, Tortillas, Sausage, Fruit, Cereal

**Lunch:** Soup du Jour, Sandwiches, Fruit, Cookies

**Dinner:** Baked Potatoes w/Chili, Cheese/Toppings, Fruit Salad, Dessert  
(Anything left over)

**Sunday**  
8/11

**Breakfast:** Cereal, Cereal, Cereal, Hard Boiled Eggs, Anything Left (no cooking)

### Vegetarian Daily Items:

Pasta Salad

Various Soups

Potato Salad

Spaghetti/Pesto

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