

ROCKYWOLD DEEPHAVEN CAMP

SUMMER '08

Week 1

<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
<p><u>BREAKFAST</u> BREAKFAST BAR BAGELS W/ C.C. Scrambled Eggs Hard Cooked Eggs Blueberry Pancake Bacon Home Fries Oatmeal/Steamed Apples CUT FRUIT BAR</p>	<p><u>BREAKFAST</u> BREAKFAST BAR BAGELS W/ C.C. Scrambled Eggs Hard Cooked Eggs Stuffed French Toast Sausage Links Home Fries Oatmeal/Steamed Apples CUT FRUIT BAR</p> <p style="text-align: center; color: magenta;">Omelets @ ROCK</p>	<p><u>BREAKFAST</u> BREAKFAST BAR BAGELS W/ C.C. Fried Eggs Hard Cooked Eggs Buttermilk Pancake Bacon Home Fries Oatmeal CUT FRUIT BAR</p> <p style="text-align: center; color: magenta;">Omelets @ DEEP</p>	<p><u>BREAKFAST</u> BREAKFAST BAR BAGELS W/ C.C. Scrambled Eggs Hard Cooked Eggs Variety Quiche Grilled Ham Home Fries Oatmeal/Steamed Apples CUT FRUIT BAR</p> <p style="text-align: center; color: magenta;">Omelets @ ROCK</p>	<p><u>BREAKFAST</u> BREAKFAST BAR BAGELS W/ C.C. Fried Eggs Hard Cooked Eggs Cinnamon French Toast Bacon Home Fries Oatmeal CUT FRUIT BAR</p> <p style="text-align: center; color: magenta;">Omelets @ DEEP</p>	<p><u>BREAKFAST</u> BREAKFAST BAR BAGELS W/ C.C. Scrambled Eggs Hard Cooked Eggs Blueberry Pancakes Sausage Pattys Home Fries Oatmeal/Steamed Apples CUT FRUIT BAR</p>	<p><u>BREAKFAST</u> BREAKFAST BAR BAGELS W/ C.C. Fried Eggs Hard Cooked Eggs Orange French Toast Bacon Home Fries Oatmeal/Steamed Apples CUT FRUIT BAR</p>
<p><u>LUNCH</u> SALAD BAR Corn Chowder</p> <p style="text-align: center;">Steamship Round</p> <p>Grilled Salmon Lemon Cream Penne w/ Basil & Asiago Baked Potato Steamed Green Beans Eggplant w/Garbanzo Kids Corner Ch. Nuggets/ Fries</p>	<p><u>LUNCH</u> SALAD BAR Cream of Tomato</p> <div style="border: 1px solid black; padding: 2px; text-align: center;"> Rst Beef w/ Carmelized Onion </div> <p>Foccia Ham & Provelone Paella w/ Artichokes and Olives Roasted Vegetables Blend # 4</p> <p style="text-align: center; color: magenta;">Kids Corner</p> <p>H. Dogs/ Potato Puffs Greek Salad Bowl</p>	<p><u>LUNCH</u> SALAD BAR Chicken Noodle</p> <p style="text-align: center;">Biggie Cuban Stack</p> <p>Orzo, Tomato & Fetta Steamed Summer Blend Falafel Wrap</p> <p style="text-align: center; color: magenta;">Kids Corner</p> <p>Taco's Cobb Salad</p>	<p><u>LUNCH</u> SALAD BAR Ball Field BBQ Burgers & Dogs Grilled Portobello BBQ Chicken & Ribs Vegetables Kabobs Chili /Baked Beans Corn on the Cob Assorted Salads * Honey Corn Bread Watermelon Cookies & Brownies</p>	<p><u>LUNCH</u> SALAD BAR Carrot Ginger</p> <p style="text-align: center;">Turkey & Rst. Veg. Panini</p> <p>Greek Veggie Wrap Indian Style Garbanzo Marinated Vegetables French Bread Stix</p> <p style="text-align: center; color: magenta;">Kids Corner</p> <p>Penne w/ Meat Sauce Antipasto Toss</p>	<p><u>LUNCH</u> SALAD BAR N. E. Clam Chowder</p> <p style="text-align: center;">Chicken Caesar Wrap</p> <p>Fish & Chips Mixed Bean Creole Country Fried Potatoes Steamed Zucchini</p> <p style="text-align: center; color: magenta;">Kids Corner</p> <p>Pizza Summer Veggie Toss</p>	<p style="text-align: center;">Limited Menu SALAD BAR</p> <p style="text-align: center;">Protein Entrée Vegetarian Entrée</p>
<p><u>SUPPER</u> SALAD BAR Country Vegetable</p> <p style="text-align: center;">Italian Sandwich</p> <p>Mushroom & Feta Strudel Marinated Summer Blend Veg Caesar Salad Bowl</p> <div style="border: 1px solid black; padding: 2px;"> Teriyaki Chicken w/ Stirfry Veg </div> <p style="text-align: center; color: magenta;">Kids Corner</p> <p>Spagetti & Meatballs</p>	<p><u>SUPPER</u> SALAD BAR Ham and Bean</p> <p style="text-align: center;">Chicken, Garlic, Lime, Parley</p> <p>Polenta w/ Picante Kashi Pilaf Steamed Asparagus</p> <div style="border: 1px solid black; padding: 2px;"> Roasted Squash w/ Herb Roasted Potatoes </div> <p style="text-align: center; color: magenta;">Kids Corner</p> <p>Pizza</p>	<p><u>SUPPER</u> SALAD BAR Cream of Broccoli</p> <p style="text-align: center;">Turkey London Broil</p> <p>Cod Flourentine Mashed Potatoes Corn Bread Stuffing Butternut Squash Stirfry @ DEEP</p> <p style="text-align: center; color: magenta;">Kids Corner</p> <p>Macaroni and Cheese Spring Mix Salad</p>	<p><u>SUPPER</u> SALAD BAR Southwest Chicken</p> <div style="border: 1px solid black; padding: 2px; text-align: center;"> Grilled Pork Chop w/ Apple Compote </div> <p>Louisiana Fried Rice Lyonnaise Potatoes Steamed Broccoli</p> <p style="text-align: center; color: green;">Stirfry @ ROCK</p> <p style="text-align: center; color: magenta;">Kids Corner</p> <p>Pizza Chefs Salad Toss</p>	<p><u>SUPPER</u> SALAD BAR Beef Vegetable</p> <p style="text-align: center;">Steak Tips / Peppers</p> <p>Sweet & Sour Tofu Asian Stirfry Vegetables Roasted Sweet Potatoes Kashi Pilaf Stirfry @ DEEP</p> <p style="text-align: center; color: magenta;">Kids Corner</p> <p>Raviloli w/ Marinara Chinese Noodle Salad</p>	<p><u>SUPPER</u> SALAD BAR Mushroom Barley</p> <p style="text-align: center;">Seasoned Baked Chicken</p> <p>Shrimp Scampi West Coast Broccoli Bake Roasted Herb Potatoes Green Beans</p> <p style="text-align: center; color: magenta;">Kids Corner</p> <p>Grilled Cheese</p>	<p><u>SUPPER</u> SALAD BAR Turley Noodle</p> <p style="text-align: center;">London Broil</p> <p>Cornflake Crusted Cod Eggplant Marinara Citrus Rice Steamed Broccoli</p> <p style="text-align: center; color: magenta;">Kids Corner</p> <p>Taco's</p>

1 **Maui Chicken** Wrap is Asian seasoned chicken, sliced thin and wrapped in a flour tortilla with mango and papaya salsa, cucumber, lettuce and a lit citrus/cilantro viniagrette