

ROCKYWOLD DEEPHAVEN CAMP

SUMMER '08

<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>Omelets @ ROCK</p>	<p><u>BREAKFAST</u> BREAKFAST BAR BAGELS W/ C.C. Fried Eggs Hard Cooked Eggs Buttermilk Pancakes Bacon Home Fries Oatmeal CUT FRUIT BAR</p> <p>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>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>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 Navy Bean</p> <p>Steamship Round Baked Stuffed Scrod Kashi Pilaf Baked Potato Steamed Green Beans Rstd Veg. w/ Brown Rice Kids Corner Ch. Nuggets/ Fries</p>	<p><u>LUNCH</u> SALAD BAR Cream of Broccoli</p> <p>Baked Trout Turkey Cheddar Wrap Veggie Fried Rice Steamed broccoli</p> <p>Kids Corner H. Dogs/ Potato Puffs Greek Salad Bowl</p>	<p><u>LUNCH</u> SALAD BAR Chicken Noodle</p> <p>Grilled Chicken Pesto Rigatoni with Rst. Tomatoes Rstd Vegetable Burrito Saffron Rice</p> <p>Kids Corner Pizza 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 Cream of Mushroom</p> <p>Chicken Caesar Wrap Meat ball Sub Spanish Lentils & Rice Country Fried Potatoes Roasted S. Squash</p> <p>Kids Corner Pizza Summer Veggie Toss</p>	<p><u>LUNCH</u> SALAD BAR N. E. Clam Chowder</p> <p>Grilled Ham & Cheese Turkey Breast Sandwich Tofu w/Broccoli Curly Fries Marinated Vegetables (Kashi) Kids Corner Penne w/ Meat Sauce Antipasto Toss</p>	<p>Limited Menu SALAD BAR</p> <p>Protein Entrée Vegetarian Entrée</p>
<p><u>SUPPER</u> SALAD BAR Turkey Rice</p> <p>Chef Salad Wrap Tuscan Baguette Pizza Grilled Seasonal Veggies Caesar Salad Bowl Sesame Encrusted Chicken</p> <p>Kids Corner Spagetti & Meatballs</p>	<p><u>SUPPER</u> SALAD BAR Beef Noodle</p> <p>Chicken Piccata Tortellini Alfredo Confetti Rice Baby Carrots</p> <p>Stirfry @ ROCK</p> <p>Kids Corner Pizza</p>	<p><u>SUPPER</u> SALAD BAR Moroccan Lentil</p> <p>Roast Turkey Dinner Cod w/ Sesame & Soy Mashed Potatoes Corn Bread Stuffing Butternut Squash Stirfry @ DEEP</p> <p>Kids Corner Macaroni and Cheese Spring Mix Salad</p>	<p><u>SUPPER</u> SALAD BAR Butternut & Ginger</p> <p>Steak Tips / Peppers Broccoli & Cheddar Quiche Lyonnaise Potatoes Sauteed Green Beans</p> <p>Stirfry @ ROCK</p> <p>Kids Corner Taco's Chefs Salad Toss</p>	<p><u>SUPPER</u> SALAD BAR Italian Wedding</p> <p>General Tso's Chicken Roasted Veggie Tostada Steamed Rice Steamed Broccoli</p> <p>Stirfry @ DEEP</p> <p>Kids Corner Raviloli w/ Marinara Chinese Noodle Salad</p>	<p><u>SUPPER</u> SALAD BAR Tomato Florentine</p> <p>Rosemary Porkloin Baked Haddock Spinach & Ricotta Calzone Roasted Herb Potatoes Steamed Asparagus</p> <p>Kids Corner Pizza</p>	<p><u>SUPPER</u> SALAD BAR Corn Chowder</p> <p>London Broil Salmon w/ Mango & Ginger Polenta Pumkin & Sage Citrus Rice Sauteed Broccoli</p> <p>Kids Corner Taco's</p>