

Sample Only

Menu For Speller's Camp Dietary Substitutes

Lunch- Friday	Dinner- Friday	Breakfast- Saturday	Lunch- Saturday	Dinner- Saturday	Breakfast- Sunday	Lunch- Sunday
Sack Lunch	Savory Roasted Chicken	Buttermilk Pancakes	Beef Hamburger	Chicken Tenders	French Toast	Sack Lunch
Smoked Ham	Gardien Chicken Sub	Gluten Free Pancake	Toasted Pretzel Bun	Gluten Free Chicken Tenders	Gluten Free French Toast	Smoked Turkey
Avocado & Sprouts For Vegan	Rice Pilaf	Bacon & Vegan Patty	Gluten Free & Vegan Buns	Gravy & Gluten Free Gravy	Vegan french Toast	Vegan Protien sub
Vegan French Bread	Wild rice Blend-GFV	Scrambled Eggs	Cheddar Cheese Slice	Baked Russet Potatoes	Sausage & Vegan Sausage Sub	French Bread
Gluten Free Bread	Steamed Broccoli	Tofu Scramble or Veg Saute	Pickle Spear & Chips	Corn Medley	Eggs & Tofu Scramble	Romain Lettuce & Tomato
Romain Lettuce & Tomato	Basil & Chive Dinner Roll	Whipped Cream & Syrup	Lettuce & Tomato	Rosemary Dinner Roll	Syrup & Whipped Cream	Cheese
Cheese	Gluten Free Dinner Bread	Seasonal Fruit	Caramelized Onion	Gluten Free Roll	Breakfast Bar:	Chips
Chips	Raspberry White Chocolate Cake	Oatmeal	Seasoned House Fries		Seasonal Fruit	Mayonnaise & Mustard
Mayonnaise & Mustard	Raspberry Swirl Cake- GFV	Brown Sugar & Raisins	Watermelon	Brownies	Oatmeal	Sugar Cookies
Sugar Cookies	Salad Bar	Cereal & Milk	Chocolate Chip Cookie	Gluten Free Vegan Brownies	Brown Sugar & Raisins	Fruit
Fruit	Peach Beverage	Grape Juice	Salad Bar	Salad Bar	Cereal & Milk	
			Watermelon Lemonade	Peach	Cranberry Juice	