

MEALS FOR CAMP CELIAC 2007

BREAKFAST

Juices-Orange, Apple, 100% pure
Hood's Lactaid Milk (Lactose Free Campers)
Assorted Gluten-Free Cereal
Home Fries, Oil, Salt and Pepper Only
Eggs
Pancakes (Gluten-Free Pantry)
Syrup-Vermont Maid
Muffins (Miss Roben's)
Assorted Donuts (Kinnickinick Foods)
Fresh Fruit

SUNDAY, AUGUST 12, 2007

DINNER

Turkey, fresh only
White rice, Minute Rice
Green Beans
Rolls-(Chebe Bread Mix)
Cranberry Sauce
Beverages as listed
Ice Cream Cones (Barkaat Ice Cream Cones from Garden Spot Distributors and Hood Chippedy
Chocolaty or Natural Vanilla Bean Ice Cream)

MONDAY, AUGUST 13, 2007

LUNCH

Pizza (Against the Grain Shells)
Prego Sauce, Grated Cheese, Hormel Pepperoni, Hamburg, Veggies
Salad Bar: Lettuce, tomato, cucumber, broccoli, cauliflower, eggs
Wishbone Ranch, French, Italian Salad Dressings
Beverages as listed
Watermelon

DINNER

Meatloaf (**Bread Crumbs from Gillian's**)
Mashed Potato
Carrots
Beverages as listed
Jello with Cool Whip

TUESDAY, AUGUST 14, 2007

LUNCH

Tacos: Ground Beef, grated cheese, Prego Traditional Sauce, Lettuce, Tomato
Ortega White Corn Tacos (Must be white corn only)
Beverages as listed
Salad Bar: Lettuce, tomato, cucumber, broccoli, cauliflower, eggs
Wishbone Ranch, French, Italian Salad Dressings

Brownies (Miss Roben's Mix)

DINNER

Chicken Barbecue (Cattleman's or Sweet Baby Ray's or KC Masterpiece Barbecue sauces are gluten-free)

B & M Baked Beans

Corn on the cob

Beverages as listed

Birthday Cake (Miss Roben's Vanilla Cake and Frosting)

WEDNESDAY, AUGUST 15, 2007

LUNCH

We will need bag lunches to take to high ropes and bag lunches to go to horse back riding for the Group C only. (Use Boar's Head Deli meats for bag lunches and make on Gluten-Free Bakehouse bread if available or if not available on corn tortillas)

Groups A & B will eat in the dining hall:

Grilled Cheese, Kraft Singles American Cheese Slices

Whole Foods Gluten-Free Bake House Bread (or if unavailable corn tortillas)

Carrots and celery sticks

Soup

Crackers (Garden Spot Distributors)

Beverages as listed

Jello with Cool Whip

Peanut Butter and Jelly Sandwich on GF Bread

DINNER

Baked Ham (Do not use any sauces that come with the hams as they may not be gluten-free)

Baked Potato

Green Beans

Birthday Cake

Beverages as listed

THURSDAY, AUGUST 16, 2007

LUNCH

We will need bag lunches to take to high ropes and bag lunches to go to horse back riding for the Group C only. (Use Boar's Head Deli meats for bag lunches on Gluten-Free Bakehouse bread if available or if not available on corn tortillas)

Tacos: Ground beef, grated cheese, Prego Traditional sauce, lettuce, tomato

Corn Tortilla Shells for a soft taco if we don't use them for lunches

Salad Bar: lettuce, tomato, cucumber, broccoli, cauliflower, eggs

Wishbone Ranch, French, Italian salad dressings

Cookies (Mr. Ritt's)

Beverages as listed

DINNER

Baked Chicken

Rice with La Choy Soy Sauce

Corn on the cob
Beverages as listed
Birthday Cake

FRIDAY, AUGUST 17, 2007

LUNCH

Hamburgers and Hotdogs, Kahn's Brand All Beef
Hamburger Rolls (Rich's Gluten-Free)
B & M Baked Beans
Ore Ida Frozen French Fries
Heinz Ketchup, French's Mustard
Beverages as listed
Brownie's (Rich's Gluten-Free)

SNACKS (10:30 A.M., 3:30 P.M., 8:15 P.M.)

Popcorn
Fresh Fruit
Tostito Brand Chips with melted cheese
Mini Muffins (Miss Roben's Mix)
Brownies (Miss Roben's Mix)
Vanilla Wafers
Break Bars (Garden Spot Distributors)
Assorted Cookies from Mr. Ritt's Bakery

BEVERAGES, ETC.

Hi-C, Minute Maid juices all types, Lipton Sugar Sweetened Iced Tea Mix, Milk, Lactaid Milk, Water, Land-O-Lakes Margarine or Butter, Fleischman's Unsalted Margarine is lactose and gluten-free.

OTHER

Wednesday, August 15 we will supply the evening snacks as that is the night of the dance. All dance desserts will be sent from Mr. Ritt's Bakery.

Thursday, August 16 we will need the popcorn machine and Dole Fruit and Juice Bars for the carnival

Thursday, August 16 we need an ice cream sundae party in Great Hall with ice cream, Hershey's syrup, Redi Whip Topping, cherries and Dec-A-Cake sprinkles. You can add strawberries or pineapple if you would like.