

**LAKESIDE CATERING INC.
CAMP NOMININGUE - SUMMER 2014**

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Gong 8:15 am Breakfast 8:30 am	Orange juice Fresh fruit assort. cereal Waffles warm syrup bacon	orange juice fresh fruit Oatmeal Omelette (egg, ham, cheese)	orange juice fresh fruit assort. cereal French toast warm syrup	orange juice fresh fruit Oatmeal egg burritos home fries	orange juice fresh fruit assort. cereal pancakes with syrup sausages	orange juice fresh fruit Oatmeal western omelette, home fries	orange juice fresh fruit assort. cereal Fresh Croissant Muffins Bagels and cream cheese Fruit yogurt

Breakfast: jam, fresh bread, margarine, hot & cold cereal, hot chocolate w marshmallows, coffee, tea, milk (1%), soya milk, lactaid

11.15 snack	BC Gala Apples	Oranges wedges	Cantaloupe wedges	Bananas	mac/sparta/empire apples	Honey due wedges	Orange wedges
--------------------	----------------	----------------	-------------------	---------	-----------------------------	------------------	---------------

Gong 12:45 am Lunch 1:00 pm full salad bar and soup every lunch as first course	Chicken Caesar Wraps Served on warm Tortilla wrap Bruschetta topping Cheddar cheese <u>Tofu Caesar wrap</u>	gourmet pizza Assorted varieties <u>veggie pizza</u>	Sausage on a fresh bun Cheese Tomato slices Assorted condiments Sweet potato fries <u>Veggie patties on a bun</u>	Monte Cristo sandwich Grilled Ham and Cheese sandwich battered in egg tomato soup carrot and celery sticks fresh bread, ketchup <u>No Ham</u>	Vegetarian Quesadillas sour cream, salsa hot cheese sauce Corn Chips <u>same</u>	macaroni & cheese topped w shredded cheddar, fresh bread, ketchup carrot and celery sticks <u>same</u>	egg & tuna & chicken salad sandwiches on fresh bread, sliced cheese sliced tomatoes shredded lettuce pickle slices mustard, mayo <u>garlic hummus-veg wrap</u>
	Freezies	Choc. Mousse tarts	vanilla cup cakes	Oatmeal raisin cookies	Watermelon	Rice crispy squares	Jell-O

Lunch: Fresh citrus ice water, crackers w/soup, bread, condiments, tea, coffee, margarine

Gong 5:45 pm Dinner 6:00 pm Full salad bar,	Rotini w meat sauce garlic bread Caesar salad <u>tomato sauce w/ tvp</u>	Pork Souvlaki Greek potatoes Pita Bread Tatziki sauce Greek salad Diced Tomatoes Chopped green Onion <u>Roasted tofu</u>	Swedish Meatballs Seasoned vegetable rice pilaf Roasted Zucchini <u>vegetarian quiche</u>	Bacon fettucini alfredo "carbonara" Foccacia bread, parmesan Caesar salad <u>fettuccini w/ garden vegetables</u>	Cook Out hamburgers, hotdogs, potato chips, condiments <u>Veggie dogs and veggie burgers</u>	Roast Beef roast potatoes Corn on the cob Gravy <u>vegetarian quiche</u>	Chinese dinner egg rolls won ton soup Egg and veggie fried rice Chicken vegetable stir fry in a hoisen sauce <u>tofu substitute</u>
	Chocolate cake	Oat Raisin cookie	Lemon Squares	Golden brownies	Cookies/ Fruit	ice cream bar	Fortune Cookies

Dinner: Fresh citrus ice water, milk with main course (1%), soya milk, lactaid, bread or rolls, butter, condiments, tea, coffee

**LAKESIDE CATERING INC.
CAMP NOMININGUE - SUMMER 2014**

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Gong 8:15 am Breakfast 8:30 am	orange juice fresh fruit Oatmeal waffles warm syrup bacon	orange juice fresh fruit assort. cereal Scrambled eggs Home fries	orange juice fresh fruit Oatmeal French toast warm syrup	orange juice fresh fruit assort. cereal Boiled eggs Banana bread	orange juice fresh fruit Oatmeal Pancakes with syrup Sausages	orange juice fresh fruit assort. cereal Ham and cheese omelettes, Potato triangles	orange juice fresh fruit Oatmeal Cinnamon rolls Muffins Bagels and cream cheese Fruit yogurt

Breakfast: jam, fresh bread, margarine, hot & cold cereal, hot chocolate w marshmallows, coffee, tea, milk (1%), soya milk and lactaid

11.15 snack	BC Gala Apples	Oranges wedges	Cantaloupe wedges	Bananas	Mac/spart/empire apples	Honey due wedges	Orange wedges
Gong 12:45 am Lunch 12:30 pm	Chicken fajitas: fried onions peppers soft tortillas rice pilaf sour cream, salsa grated cheddar Corn Chips <u>basil cumin chili</u> <u>coated tofu</u>	Pergies sour cream fried onions, diced bacon nachos & salsa <u>same</u>	gourmet pizza Assorted varieties <u>veggie pizza</u>	grilled cheese tomato soup carrot and celery sticks fresh bread, ketchup <u>same</u>	Chili: French Fries, shredded cheddar, sour cream, hot sauce, salsa veggie sticks and dip <u>seasoned veg. Chili</u>	B.L.T.s (bacon, lettuce, tomato) Poutine Make your own <u>cheese, lettuce,</u> <u>tomato</u>	Chicken Burgers On a bun Sliced Tomato, onion, hot peppers, lettuce, cheese, assorted condiments <u>Veggie burger</u>
full salad bar and soup every lunch first course	Macaroons	butter tarts	Freezies	Chocolate brownies	vanilla cup cakes	pudding	Choc. Chip cookies

Lunch: Fresh citrus ice water, crackers w/soup, bread, condiments, tea, coffee, margarine

Gong 5:45 pm Dinner 6:00 pm	Meat Loaf mashed potatoes Gravy fresh seasonal vegetables <u>vegetarian quiche</u>	BBQ Chicken Roasted sweet potato Fresh Broccoli <u>eggplant parmesan</u>	Penne with roasted green pepper, Italian sausage and mushrooms in marinara sauce Foccacia bread Caesar salad <u>Penne with veg marinara sauce</u>	Shepherd's pie steamed broccoli fresh rolls <u>spanokopita pie</u>	Cook Out hamburgers, hotdogs, potato chips, condiments <u>Veggie dogs and veggie burgers</u>	lasagna cottage cheese garlic, spinach veggies & meat sauce Caesar salad <u>veggie lasagna</u>	Roast Pork Scalloped potato Glazed Carrots Gravy Apple stuffing <u>eggplant parmesan</u>
Full salad bar	Nanaimo Bars	Apple crumble	Lemon bars	Chocolate cake	Cookies/ Fruit	Apple pie	Cream puffs

Dinner: Fresh citrus ice water, milk with main course (1%), soya milk, lactaid, bread or rolls, butter, condiments, tea, coffee

**LAKESIDE CATERING INC.
CAMP NOMININGUE - SUMMER 2014**

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Gong 8:15 am Breakfast 8:30 am	orange juice fresh fruit ass. cereal waffles warm syrup fruit Yogurt	orange juice fresh fruit Oatmeal Scrambled eggs with cheddar Home fries Sausages	orange juice fresh fruit ass. cereal French toast warm syrup	orange juice fresh fruit Oatmeal Fried eggs Bacon Corn Bread	orange juice fresh fruit ass. cereal Blueberry Pancakes with syrup	orange juice fresh fruit Oatmeal Frittata omelettes, Hash browns	orange juice fresh fruit ass. cereal Chelsea buns Muffins and cream cheese Fruit yogurt
Breakfast: jam, fresh bread, margarine, hot & cold cereal, hot chocolate w marshmallows, coffee, tea, milk (1%), soya milk and lactaid							
11.15 snack	BC Gala Apples	Oranges wedges	Cantaloupe wedges	Bananas	Mac/spart/empire apples	Honey due wedges	Orange wedges
Gong 12:45 am Lunch 12:30 pm	Beef Fajitas: fried onions peppers soft tortillas rice pilaf sour cream, salsa grated cheddar Corn Chips <u>basil cumin chili coated tofu</u>	gourmet pizza Assorted varieties <u>veggie pizza</u>	meatball subs, shredded mozzarella, meatballs in tomato sauce fresh sub buns <u>falafel subs</u>	tacos: seasoned beef, shredded lettuce, shredded cheddar, diced tomato, sour cream, hot sauce, hard/soft shells salsa <u>seasoned bean sauce</u>	Chicken Souvlaki French fries Pita Bread Tatziki sauce Greek salad <u>Roasted tofu</u>	Cheese Tortellini In a Tomato cream sauce. Herb garlic bread with cheese <u>Same</u>	Open face shaved ham and swiss cheese on a bagel On the Side; Sliced Tomato, onion, hot peppers, lettuce, cheese, assorted condiments Corn Chips, Salsa <u>No Ham with tomato</u>
full salad bar and soup every lunch first course	vanilla cup cakes	Choc. Mousse tarts	freezie	Chocolate brownies	Rice crispy squares	Jell-O	Oatmeal Raisin cookies
Lunch: Fresh citrus ice water, crackers w/soup, bread, condiments, tea, coffee, margarine							
Gong 5:45 pm Dinner 6:00 pm	Fresh breaded fish fillets Greek potato tartar sauce lemon wedges Cole slaw <u>baked potato bar</u>	Beef Stew steamed broccoli Buttered Egg Noodles <u>Veggie quiche</u>	Pork Chops Roasted Rosemarie potatoes Cauliflower and cheese sauce Gravy <u>eggplant parmesan</u>	Tri Color Fusilli with a rosé sauce with chicken, scallions and broccoli Foccacia bread <u>3 color fusilli with veg. marinara sauce</u>	Cook Out hamburgers, hotdogs, potato chips, condiments <u>Veggie dogs and veggie burgers</u>	Roast Turkey Mashed potato Carrots Stuffing Gravy <u>Orange Ginger stir fry</u>	Spaghetti and Meatballs Caesar salad Garlic Bread <u>veggie primavera pasta</u>
Full salad bar	Vanilla cake	Apple blueberry crumble	Chocolate cheese cake	Banana Cake	Cookie/ fruit	Butter Tarts	Spice Cake

Dinner: Fresh citrus ice water, milk with main course (1%), soya milk, lactaid, bread or rolls, butter, condiments, tea, coffee