

Ouellet Catering

Camp Nominigue Menu – Week 1

Please note: Vegetarian options are provided at every meal along with any other required special dietary accommodations.

A fresh fruit bowl is available every breakfast, lunch and dinner at the salad bar.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	BAGELS Cream Cheese Oatmeal Orange Wedges	SCRAMBLED EGGS Bacon Whole Wheat Bread Assorted Cereal Orange Wedges	WHOLE WHEAT FRENCH TOAST Yogurt Oatmeal Orange Wedges	SCRAMBLED EGGS Home Fries Whole Wheat Bread Assorted Cereal Orange Wedges	WAFFLES Breakfast Sausage Oatmeal Orange Wedges	EGG MCMUFFINS Cheese Slices Assorted Cereal Orange Wedges	PANCAKES Breakfast Sausage Oatmeal Orange Wedges
Available every breakfast: Milk, Orange Juice, Coffee, Tea, Sugar Available with specific breakfasts: Margarine, Jam, Ketchup, Syrup, Brown Sugar							
Morning Snack	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Lunch	QUICHE Mixed Vegetables Fresh Rolls (whole wheat)	SANDWICH (whole wheat) Tuna Salad Egg Salad Cheese Lettuce Tomatoes Soup	CHILI Meat Sauce Mixed Vegetables Garlic Bread (whole wheat)	ASSORTED PIZZAS (Ham/Chicken) Homemade Crust Veggie Sticks	CHICKEN PIE Mixed Vegetables Fresh Rolls (whole wheat)	MAC & CHEESE Grilled Vegetables Fresh Rolls (whole wheat)	GRILLED CHEESE SANDWICHES WITH HAM (whole wheat) Soup
	Cookies	Cookies	Cookies	Cookies	Cookies	Cookies	Cookies
	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Available every lunch: Citrus water, appropriate condiments and toppings - Coffee Station Available with specific lunches: Ketchup, Mustard, Mayonnaise, Hot Sauce and Margarine							
Afternoon Snack	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Dinner	SPAGHETTI Meat Sauce Garlic Bread (whole wheat)	CHICKEN & VEGETABLE STIR FRY Rice Egg Rolls Fresh Rolls (whole wheat)	ITALIAN SAUSAGES Potato Wedges Green Beans Fresh Rolls (whole wheat)	TURKEY A LA KING Egg Noodles Fresh Rolls (whole wheat)	COOK OUT Hamburgers Hot Dogs Carrot and Celery Sticks	SHEPHERD'S PIE Fresh Rolls (whole wheat)	CURRY CHICKEN Rice Carrots Fresh Rolls (whole wheat)
	Cup Cake	Golden Brownie	Banana Cake	Rice Krispie Square	Cookies	Apple Crisp	Oatmeal Muffin
	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Available every dinner: Milk, Citrus water, appropriate condiments and toppings - Coffee station Available with specific dinners: Ketchup, Mustard, Mayonnaise, Hot Sauce and Margarine							
Staff Meal (10pm)	HOT DOG	HAMBURGER	POUTINE	GRILLED CHEESE	CHILI	PIZZA	CHICKEN BURGER

Ouellet Catering

Camp Nominique Menu – Week 2

Please note: Vegetarian options are provided at every meal along with any other required special dietary accommodations.

A fresh fruit bowl is available every breakfast, lunch and dinner at the salad bar.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	BAGELS Cream Cheese Oatmeal Orange Wedges	SCRAMBLED EGGS Bacon Whole Wheat Bread Assorted Cereal Orange Wedges	WHOLE WHEAT FRENCH TOAST Yogurt Oatmeal Orange Wedges	SCRAMBLED EGGS Home Fries Whole Wheat Bread Assorted Cereal Orange Wedges	WAFFLES Breakfast Sausage Oatmeal Orange Wedges	EGG MCMUFFINS Cheese Slices Assorted Cereal Orange Wedges	PANCAKES Breakfast Sausage Oatmeal Orange Wedges
Available every breakfast: Milk, Orange Juice, Coffee, Tea, Sugar Available with specific breakfasts: Margarine, Jam, Ketchup, Syrup, Brown Sugar							
Morning Snack	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Lunch	CHICKEN BURGERS Sliced Tomatoes Lettuce Veggie Sticks	SAUSAGE ON A BUN (whole wheat) Coleslaw Soup	TACOS TVF Sauce Lettuce Shredded Cheese	ASSORTED PIZZAS (Ham/Chicken) Homemade Crust Veggie Sticks	FISH STICKS Mexican Rice Fresh Rolls (whole wheat)	PENNE NOODLES with chicken and mushroom sauce Fresh Rolls (whole wheat)	WHOLE WHEAT SLOPPY JOE Veggie Sticks
	Cookies	Cookies	Cookies	Cookies	Cookies	Cookies	Cookies
	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Available every lunch: Citrus water, appropriate condiments and toppings - Coffee station Available with specific lunches: Ketchup, Mustard, Mayonnaise, Hot Sauce and Margarine							
Afternoon Snack	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Dinner	BAKED LASAGNA Meat Sauce Garlic Bread (whole wheat)	VEGETARIAN FAJITAS Fried Vegetables Soft Tortillas Rice Sour Cream Salsa	HAM STEAK Potato Wedges Green Beans Fresh Rolls (whole wheat)	MEATBALL AND VEGETABLE STEW Egg Noodles Fresh Rolls (whole wheat)	COOK OUT Hamburgers Hot Dogs Carrot and Celery Sticks	MEATLOAF Gravy Mashed Potatoes Corn Fresh Rolls (whole wheat)	BBQ CHICKEN Rice Carrots Fresh Rolls (whole wheat)
	Cup Cake	Golden Brownie	Carrot Cake	Apple Crisp	Cookies	Freezies	Oatmeal Muffin
	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Available every dinner: Milk, Citrus water, appropriate condiments and toppings - Coffee station Available with specific dinners: Ketchup, Mustard, Mayonnaise, Hot Sauce and Margarine							
Staff Meal (10pm)	HOT DOG	HAMBURGER	POUTINE	GRILLED CHEESE	CHILI	PIZZA	CHICKEN BURGER

The salad bar is an integral part of Ouellet Catering's food service and will be a source of highly nutritional food options for the campers and staff.

The salad bar is offered every day at lunch and dinner.

The daily (*lunch and dinner*) salad bar menu includes (but is not limited to) the following options:

Salad Types		Additional	
Offered with every salad bar: Various greens..... iceberg lettuce, romaine lettuce, spring mix, spinach		Below are examples of garnishes and condiments a variety of which are offered with every salad bar.	
In addition to the greens, there will be one of the following salad options with every salad bar:			
<ul style="list-style-type: none"> • Coleslaw • Potato salad • Chicken salad • Macaroni salad • Cucumber salad • Corn salad • Pasta Salad • Chick Pea Salad 	<ul style="list-style-type: none"> • Rice salad • Couscous salad • Tomato and cucumber salad • Bean salad • Waldorf salad (without walnuts) • Carrot salad • Mixed vegetable salad 	<ul style="list-style-type: none"> • Kidney beans • Chick peas • Pickled beets • Mixed beans • Sliced mushrooms • Sliced peppers • Sliced cucumber • Diced or wedged tomatoes • Kernel corn • Carrots (shredded or sticks or diced) • Celery (diced or sticks) 	<ul style="list-style-type: none"> • Hard-boiled eggs • Pickles • Chopped green onion • Sliced red onion • Chopped white onion • Black or green olives • Sprouts • Croutons (white or whole wheat) • Sliced radishes • Red cabbage • Tuna • Tofu
The salads are offered with a variety of dressings.			