Ouellet Catering

Camp Nominingue 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	SCRAMBLED EGGS	WHOLE WHEAT	SCRAMBLED EGGS	WAFFLES	EGG MCMUFFINS	PANCAKES		
	Cream Cheese	Bacon	FRENCH TOAST	Home Fries	Breakfast Sausage	Cheese Slices	Breakfast Sausage		
	Oatmeal	Whole Wheat Bread	Yogurt	Whole Wheat	Oatmeal	Assorted Cereal	Oatmeal		
	Orange Wedges	Assorted Cereal	Oatmeal	Bread	Orange Wedges	Orange Wedges	Orange Wedges		
		Orange Wedges	Orange Wedges	Assorted Cereal			0 0		
				Orange Wedges					
	Available every breakfast: Milk, Orange Juice, Coffee, Tea, Sugar								
		Available with	specific breakfasts: Ma	rgarine, Jam, Ketchup,	Syrup, Brown Sugar				
Morning Snack	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit		
Lunch	QUICHE	SANDWICH	CHILI	ASSORTED PIZZAS	CHICKEN PIE	MAC & CHEESE	GRILLED CHEESE		
	Mixed Vegetables	(whole wheat)	Meat Sauce	(Ham/Chicken)	Mixed Vegetables	Grilled Vegetables	SANDWICHES WITH		
	Fresh Rolls	Tuna Salad	Mixed Vegetables	Homemade Crust	Fresh Rolls	Fresh Rolls	HAM		
	(whole wheat)	Egg Salad	Garlic Bread	Veggie Sticks	(whole wheat)	(whole wheat)	(whole wheat)		
		Cheese	(whole wheat)				Soup		
		Lettuce							
		Tomatoes							
		Soup							
	Cookies	Cookies	Cookies	Cookies	Cookies	Cookies	Cookies		
	Cookies Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Cookies Salad Bar		
		Salad Bar Available every lund		Salad Bar oriate condiments and	Salad Bar toppings - Coffee Stati	Salad Bar			
Afternoon		Salad Bar Available every lund	Salad Bar ch: Citrus water, appro	Salad Bar oriate condiments and	Salad Bar toppings - Coffee Stati	Salad Bar			
Afternoon Snack	Salad Bar	Salad Bar Available every lund Available with spec	Salad Bar ch: Citrus water, appro- cific lunches: Ketchup, M	Salad Bar oriate condiments and lustard, Mayonnaise, H	Salad Bar toppings - Coffee Stat lot Sauce and Margari	Salad Bar ion ne	Salad Bar		
	Salad Bar	Salad Bar Available every lund Available with spec	Salad Bar ch: Citrus water, appro- cific lunches: Ketchup, M	Salad Bar oriate condiments and lustard, Mayonnaise, H	Salad Bar toppings - Coffee Stat lot Sauce and Margari	Salad Bar ion ne	Salad Bar		
Snack	Salad Bar Fresh Fruit	Salad Bar Available every lund Available with spec	Salad Bar ch: Citrus water, appro cific lunches: Ketchup, M Fresh Fruit	Salad Bar priate condiments and lustard, Mayonnaise, F Fresh Fruit	Salad Bar toppings - Coffee Stati Hot Sauce and Margari Fresh Fruit	Salad Bar ion ne Fresh Fruit	Salad Bar Fresh Fruit		
Snack	Salad Bar Fresh Fruit SPAGHETTI	Salad Bar Available every lund Available with specents Fresh Fruit CHICKEN &	Salad Bar ch: Citrus water, appropicific lunches: Ketchup, M Fresh Fruit ITALIAN SAUSAGES	Salad Bar priate condiments and lustard, Mayonnaise, F Fresh Fruit	Salad Bar toppings - Coffee Stati lot Sauce and Margari Fresh Fruit COOK OUT	Salad Bar ion ne Fresh Fruit SHEPHERD'S PIE	Salad Bar Fresh Fruit CURRY CHICKEN		
Snack	Fresh Fruit SPAGHETTI Meat Sauce	Salad Bar Available every lund Available with specifies Fresh Fruit CHICKEN & VEGETABLE STIR FRY	Salad Bar ch: Citrus water, appropriate lunches: Ketchup, M Fresh Fruit ITALIAN SAUSAGES Potato Wedges	Salad Bar priate condiments and lustard, Mayonnaise, F Fresh Fruit TURKEY A LA KING Egg Noodles	Salad Bar toppings - Coffee Stati tot Sauce and Margari Fresh Fruit COOK OUT Hamburgers	Salad Bar ion ne Fresh Fruit SHEPHERD'S PIE Fresh Rolls	Salad Bar Fresh Fruit CURRY CHICKEN Rice		
Snack	Fresh Fruit SPAGHETTI Meat Sauce Garlic Bread	Salad Bar Available every lund Available with specifies Fresh Fruit CHICKEN & VEGETABLE STIR FRY Rice	Salad Bar ch: Citrus water, appropropropropropropropropropropropropro	Salad Bar priate condiments and lustard, Mayonnaise, F Fresh Fruit TURKEY A LA KING Egg Noodles Fresh Rolls	Salad Bar toppings - Coffee Stati Hot Sauce and Margari Fresh Fruit COOK OUT Hamburgers Hot Dogs	Salad Bar ion ne Fresh Fruit SHEPHERD'S PIE Fresh Rolls	Fresh Fruit CURRY CHICKEN Rice Carrots		
Snack	Fresh Fruit SPAGHETTI Meat Sauce Garlic Bread (whole wheat)	Salad Bar Available every lund Available with specifies Fresh Fruit CHICKEN & VEGETABLE STIR FRY Rice Egg Rolls	Salad Bar ch: Citrus water, appropriate lunches: Ketchup, M Fresh Fruit ITALIAN SAUSAGES Potato Wedges Green Beans Fresh Rolls	Salad Bar priate condiments and lustard, Mayonnaise, F Fresh Fruit TURKEY A LA KING Egg Noodles Fresh Rolls (whole wheat)	Salad Bar toppings - Coffee Stati Hot Sauce and Margari Fresh Fruit COOK OUT Hamburgers Hot Dogs Carrot and Celery Sticks	Salad Bar ion ne Fresh Fruit SHEPHERD'S PIE Fresh Rolls (whole wheat)	Fresh Fruit CURRY CHICKEN Rice Carrots Fresh Rolls (whole wheat)		
Snack	Fresh Fruit SPAGHETTI Meat Sauce Garlic Bread	Salad Bar Available every lund Available with specifies Fresh Fruit CHICKEN & VEGETABLE STIR FRY Rice Egg Rolls Fresh Rolls	Salad Bar ch: Citrus water, appropriate lunches: Ketchup, M Fresh Fruit ITALIAN SAUSAGES Potato Wedges Green Beans Fresh Rolls	Salad Bar priate condiments and lustard, Mayonnaise, F Fresh Fruit TURKEY A LA KING Egg Noodles Fresh Rolls	Salad Bar toppings - Coffee Stati lot Sauce and Margari Fresh Fruit COOK OUT Hamburgers Hot Dogs Carrot and Celery	Salad Bar ion ne Fresh Fruit SHEPHERD'S PIE Fresh Rolls	Fresh Fruit CURRY CHICKEN Rice Carrots Fresh Rolls		
Snack	Fresh Fruit SPAGHETTI Meat Sauce Garlic Bread (whole wheat)	Salad Bar Available every lunce Available with spece Fresh Fruit CHICKEN & VEGETABLE STIR FRY Rice Egg Rolls Fresh Rolls (whole wheat) Golden Brownie Salad Bar	Salad Bar ch: Citrus water, appropricific lunches: Ketchup, M Fresh Fruit ITALIAN SAUSAGES Potato Wedges Green Beans Fresh Rolls (whole wheat) Banana Cake Salad Bar	Salad Bar priate condiments and lustard, Mayonnaise, F Fresh Fruit TURKEY A LA KING Egg Noodles Fresh Rolls (whole wheat) Rice Krispie Square Salad Bar	Salad Bar toppings - Coffee Stati tot Sauce and Margari Fresh Fruit COOK OUT Hamburgers Hot Dogs Carrot and Celery Sticks Cookies Salad Bar	Salad Bar on ne Fresh Fruit SHEPHERD'S PIE Fresh Rolls (whole wheat) Apple Crisp Salad Bar	Fresh Fruit CURRY CHICKEN Rice Carrots Fresh Rolls (whole wheat)		
Snack	Fresh Fruit SPAGHETTI Meat Sauce Garlic Bread (whole wheat) Cup Cake	Salad Bar Available every lund Available with spece Fresh Fruit CHICKEN & VEGETABLE STIR FRY Rice Egg Rolls Fresh Rolls (whole wheat) Golden Brownie Salad Bar Available every dinner	Salad Bar ch: Citrus water, appropries cific lunches: Ketchup, M Fresh Fruit ITALIAN SAUSAGES Potato Wedges Green Beans Fresh Rolls (whole wheat) Banana Cake Salad Bar : Milk, Citrus water, app	Salad Bar priate condiments and lustard, Mayonnaise, F Fresh Fruit TURKEY A LA KING Egg Noodles Fresh Rolls (whole wheat) Rice Krispie Square Salad Bar propriate condiments a	Salad Bar toppings - Coffee Stati Hot Sauce and Margari Fresh Fruit COOK OUT Hamburgers Hot Dogs Carrot and Celery Sticks Cookies Salad Bar and toppings - Coffee s	Salad Bar on ne Fresh Fruit SHEPHERD'S PIE Fresh Rolls (whole wheat) Apple Crisp Salad Bar tation	Fresh Fruit CURRY CHICKEN Rice Carrots Fresh Rolls (whole wheat) Oatmeal Muffin		
Snack Dinner	Fresh Fruit SPAGHETTI Meat Sauce Garlic Bread (whole wheat) Cup Cake	Salad Bar Available every lund Available with spece Fresh Fruit CHICKEN & VEGETABLE STIR FRY Rice Egg Rolls Fresh Rolls (whole wheat) Golden Brownie Salad Bar Available every dinner	Salad Bar ch: Citrus water, appropricific lunches: Ketchup, M Fresh Fruit ITALIAN SAUSAGES Potato Wedges Green Beans Fresh Rolls (whole wheat) Banana Cake Salad Bar	Salad Bar priate condiments and lustard, Mayonnaise, F Fresh Fruit TURKEY A LA KING Egg Noodles Fresh Rolls (whole wheat) Rice Krispie Square Salad Bar propriate condiments a	Salad Bar toppings - Coffee Stati Hot Sauce and Margari Fresh Fruit COOK OUT Hamburgers Hot Dogs Carrot and Celery Sticks Cookies Salad Bar and toppings - Coffee s	Salad Bar on ne Fresh Fruit SHEPHERD'S PIE Fresh Rolls (whole wheat) Apple Crisp Salad Bar tation	Fresh Fruit CURRY CHICKEN Rice Carrots Fresh Rolls (whole wheat) Oatmeal Muffin		
Snack Dinner Staff Meal	Fresh Fruit SPAGHETTI Meat Sauce Garlic Bread (whole wheat) Cup Cake Salad Bar	Salad Bar Available every lund Available with spece Fresh Fruit CHICKEN & VEGETABLE STIR FRY Rice Egg Rolls Fresh Rolls (whole wheat) Golden Brownie Salad Bar Available every dinner Available with spece	Salad Bar ch: Citrus water, appropriate lunches: Ketchup, M Fresh Fruit ITALIAN SAUSAGES Potato Wedges Green Beans Fresh Rolls (whole wheat) Banana Cake Salad Bar : Milk, Citrus water, apprincific dinners: Ketchup, M	Salad Bar priate condiments and lustard, Mayonnaise, F Fresh Fruit TURKEY A LA KING Egg Noodles Fresh Rolls (whole wheat) Rice Krispie Square Salad Bar propriate condiments a lustard, Mayonnaise, F	Salad Bar toppings - Coffee Stati Hot Sauce and Margari Fresh Fruit COOK OUT Hamburgers Hot Dogs Carrot and Celery Sticks Cookies Salad Bar and toppings - Coffee s Hot Sauce and Margari	Salad Bar fon ne Fresh Fruit SHEPHERD'S PIE Fresh Rolls (whole wheat) Apple Crisp Salad Bar tation ne	Fresh Fruit CURRY CHICKEN Rice Carrots Fresh Rolls (whole wheat) Oatmeal Muffin Salad Bar		
Snack Dinner	Fresh Fruit SPAGHETTI Meat Sauce Garlic Bread (whole wheat) Cup Cake	Salad Bar Available every lund Available with spece Fresh Fruit CHICKEN & VEGETABLE STIR FRY Rice Egg Rolls Fresh Rolls (whole wheat) Golden Brownie Salad Bar Available every dinner	Salad Bar ch: Citrus water, appropries cific lunches: Ketchup, M Fresh Fruit ITALIAN SAUSAGES Potato Wedges Green Beans Fresh Rolls (whole wheat) Banana Cake Salad Bar : Milk, Citrus water, app	Salad Bar priate condiments and lustard, Mayonnaise, F Fresh Fruit TURKEY A LA KING Egg Noodles Fresh Rolls (whole wheat) Rice Krispie Square Salad Bar propriate condiments a	Salad Bar toppings - Coffee Stati Hot Sauce and Margari Fresh Fruit COOK OUT Hamburgers Hot Dogs Carrot and Celery Sticks Cookies Salad Bar and toppings - Coffee s	Salad Bar on ne Fresh Fruit SHEPHERD'S PIE Fresh Rolls (whole wheat) Apple Crisp Salad Bar tation	Fresh Fruit CURRY CHICKEN Rice Carrots Fresh Rolls (whole wheat) Oatmeal Muffin		

Ouellet Catering

Camp Nominingue 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	SCRAMBLED EGGS	WHOLE WHEAT	SCRAMBLED EGGS	WAFFLES	EGG MCMUFFINS	PANCAKES		
	Cream Cheese	Bacon	FRENCH TOAST	Home Fries	Breakfast Sausage	Cheese Slices	Breakfast Sausage		
	Oatmeal	Whole Wheat Bread	Yogurt	Whole Wheat	Oatmeal	Assorted Cereal	Oatmeal		
	Orange Wedges	Assorted Cereal	Oatmeal	Bread	Orange Wedges	Orange Wedges	Orange Wedges		
		Orange Wedges	Orange Wedges	Assorted Cereal					
				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	SAUSAGE ON A BUN	TACOS	ASSORTED PIZZAS	FISH STICKS	PENNE NOODLES	WHOLE WHEAT		
	Sliced Tomatoes	(whole wheat)	TVP Sauce	(Ham/Chicken)	Mexican Rice	with chicken and	SLOPPY JOE		
	Lettuce	Coleslaw	Lettuce	Homemade Crust	Fresh Rolls	mushroom sauce	Veggie Sticks		
	Veggie Sticks	Soup	Shredded Cheese	Veggie Sticks	(whole wheat)	Fresh Rolls			
						(whole wheat)			
	Cookies	6 1:	0 1:	0 1:	0 1:	0 1:			
	Cookies	Cookies	Cookies	Cookies	Cookies	Cookies	Cookies		
	Salad Bar	Cookies Salad Bar	Cookies Salad Bar	Salad Bar	Salad Bar	Salad Bar	Cookies Salad Bar		
		Salad Bar Available every lund	Salad Bar ch: Citrus water, approp	Salad Bar oriate condiments and	Salad Bar toppings - Coffee stati	Salad Bar on			
	Salad Bar	Salad Bar Available every lund Available with spec	Salad Bar ch: Citrus water, approp cific lunches: Ketchup, M	Salad Bar oriate condiments and lustard, Mayonnaise, H	Salad Bar toppings - Coffee stati lot Sauce and Margari	Salad Bar on ne	Salad Bar		
Afternoon Snack		Salad Bar Available every lund	Salad Bar ch: Citrus water, approp	Salad Bar oriate condiments and	Salad Bar toppings - Coffee stati	Salad Bar on			
	Salad Bar	Salad Bar Available every lund Available with spec	Salad Bar ch: Citrus water, approp cific lunches: Ketchup, M	Salad Bar oriate condiments and lustard, Mayonnaise, H	Salad Bar toppings - Coffee stati lot Sauce and Margari	Salad Bar on ne	Salad Bar		
Snack	Salad Bar Fresh Fruit	Salad Bar Available every lund Available with spec Fresh Fruit	Salad Bar ch: Citrus water, approp cific lunches: Ketchup, M Fresh Fruit	Salad Bar priate condiments and lustard, Mayonnaise, F Fresh Fruit	Salad Bar toppings - Coffee stati lot Sauce and Margari Fresh Fruit	Salad Bar on ne Fresh Fruit	Salad Bar Fresh Fruit		
Snack	Fresh Fruit BAKED LASAGNA Meat Sauce Garlic Bread	Salad Bar Available every lund Available with spectors Fresh Fruit VEGETARIAN FAJITAS	Salad Bar ch: Citrus water, approprific lunches: Ketchup, M Fresh Fruit HAM STEAK Potato Wedges Green Beans	Salad Bar priate condiments and lustard, Mayonnaise, F Fresh Fruit MEATBALL AND	Salad Bar toppings - Coffee stati Hot Sauce and Margarii Fresh Fruit COOK OUT Hamburgers Hot Dogs	Salad Bar on ne Fresh Fruit MEATLOAF	Fresh Fruit BBQ CHICKEN Rice Carrots		
Snack	Fresh Fruit BAKED LASAGNA Meat Sauce	Salad Bar Available every lund Available with spectors Fresh Fruit VEGETARIAN FAJITAS Fried Vegetables Soft Tortillas Rice	Salad Bar ch: Citrus water, approprific lunches: Ketchup, M Fresh Fruit HAM STEAK Potato Wedges Green Beans Fresh Rolls	Salad Bar priate condiments and lustard, Mayonnaise, F Fresh Fruit MEATBALL AND VEGETABLE STEW Egg Noodles Fresh Rolls	Salad Bar toppings - Coffee stati fot Sauce and Margarii Fresh Fruit COOK OUT Hamburgers Hot Dogs Carrot and Celery	Salad Bar on ne Fresh Fruit MEATLOAF Gravy Mashed Potatoes Corn	Fresh Fruit BBQ CHICKEN Rice Carrots Fresh Rolls		
Snack	Fresh Fruit BAKED LASAGNA Meat Sauce Garlic Bread	Salad Bar Available every lunch Available with specifies Fruit VEGETARIAN FAJITAS Fried Vegetables Soft Tortillas Rice Sour Cream	Salad Bar ch: Citrus water, approprific lunches: Ketchup, M Fresh Fruit HAM STEAK Potato Wedges Green Beans	Salad Bar priate condiments and lustard, Mayonnaise, F Fresh Fruit MEATBALL AND VEGETABLE STEW Egg Noodles	Salad Bar toppings - Coffee stati Hot Sauce and Margarii Fresh Fruit COOK OUT Hamburgers Hot Dogs	Salad Bar on ne Fresh Fruit MEATLOAF Gravy Mashed Potatoes Corn Fresh Rolls	Fresh Fruit BBQ CHICKEN Rice Carrots		
Snack	Fresh Fruit BAKED LASAGNA Meat Sauce Garlic Bread (whole wheat)	Salad Bar Available every lunce Available with spece Fresh Fruit VEGETARIAN FAJITAS Fried Vegetables Soft Tortillas Rice Sour Cream Salsa	Salad Bar ch: Citrus water, approprific lunches: Ketchup, M Fresh Fruit HAM STEAK Potato Wedges Green Beans Fresh Rolls (whole wheat)	Salad Bar priate condiments and lustard, Mayonnaise, F Fresh Fruit MEATBALL AND VEGETABLE STEW Egg Noodles Fresh Rolls (whole wheat)	Salad Bar toppings - Coffee stati lot Sauce and Margari Fresh Fruit COOK OUT Hamburgers Hot Dogs Carrot and Celery Sticks	Salad Bar on ne Fresh Fruit MEATLOAF Gravy Mashed Potatoes Corn Fresh Rolls (whole wheat)	Fresh Fruit BBQ CHICKEN Rice Carrots Fresh Rolls (whole wheat)		
Snack	Fresh Fruit BAKED LASAGNA Meat Sauce Garlic Bread (whole wheat) Cup Cake	Salad Bar Available every lunce Available with spece Fresh Fruit VEGETARIAN FAJITAS Fried Vegetables Soft Tortillas Rice Sour Cream Salsa Golden Brownie	Salad Bar ch: Citrus water, approprific lunches: Ketchup, M Fresh Fruit HAM STEAK Potato Wedges Green Beans Fresh Rolls (whole wheat) Carrot Cake	Salad Bar priate condiments and lustard, Mayonnaise, F Fresh Fruit MEATBALL AND VEGETABLE STEW Egg Noodles Fresh Rolls (whole wheat) Apple Crisp	Salad Bar toppings - Coffee stati lot Sauce and Margari Fresh Fruit COOK OUT Hamburgers Hot Dogs Carrot and Celery Sticks Cookies	Salad Bar on ne Fresh Fruit MEATLOAF Gravy Mashed Potatoes Corn Fresh Rolls (whole wheat) Freezies	Fresh Fruit BBQ CHICKEN Rice Carrots Fresh Rolls (whole wheat) Oatmeal Muffin		
Snack	Fresh Fruit BAKED LASAGNA Meat Sauce Garlic Bread (whole wheat)	Salad Bar Available every lunce Available with spece Fresh Fruit VEGETARIAN FAJITAS Fried Vegetables Soft Tortillas Rice Sour Cream Salsa Golden Brownie Salad Bar	Salad Bar ch: Citrus water, approprific lunches: Ketchup, M Fresh Fruit HAM STEAK Potato Wedges Green Beans Fresh Rolls (whole wheat) Carrot Cake Salad Bar	Salad Bar priate condiments and lustard, Mayonnaise, F Fresh Fruit MEATBALL AND VEGETABLE STEW Egg Noodles Fresh Rolls (whole wheat) Apple Crisp Salad Bar	Salad Bar toppings - Coffee stati lot Sauce and Margari Fresh Fruit COOK OUT Hamburgers Hot Dogs Carrot and Celery Sticks Cookies Salad Bar	Salad Bar on ne Fresh Fruit MEATLOAF Gravy Mashed Potatoes Corn Fresh Rolls (whole wheat) Freezies Salad Bar	Fresh Fruit BBQ CHICKEN Rice Carrots Fresh Rolls (whole wheat)		
Snack	Fresh Fruit BAKED LASAGNA Meat Sauce Garlic Bread (whole wheat) Cup Cake	Salad Bar Available every lund Available with spectors Fresh Fruit VEGETARIAN FAJITAS Fried Vegetables Soft Tortillas Rice Sour Cream Salsa Golden Brownie Salad Bar Available every dinner	Salad Bar ch: Citrus water, approprific lunches: Ketchup, M Fresh Fruit HAM STEAK Potato Wedges Green Beans Fresh Rolls (whole wheat) Carrot Cake	Salad Bar priate condiments and lustard, Mayonnaise, F Fresh Fruit MEATBALL AND VEGETABLE STEW Egg Noodles Fresh Rolls (whole wheat) Apple Crisp Salad Bar propriate condiments a	Salad Bar toppings - Coffee stati Hot Sauce and Margari Fresh Fruit COOK OUT Hamburgers Hot Dogs Carrot and Celery Sticks Cookies Salad Bar and toppings - Coffee s	Salad Bar on ne Fresh Fruit MEATLOAF Gravy Mashed Potatoes Corn Fresh Rolls (whole wheat) Freezies Salad Bar tation	Fresh Fruit BBQ CHICKEN Rice Carrots Fresh Rolls (whole wheat) Oatmeal Muffin		
Snack	Fresh Fruit BAKED LASAGNA Meat Sauce Garlic Bread (whole wheat) Cup Cake	Salad Bar Available every lund Available with spectors Fresh Fruit VEGETARIAN FAJITAS Fried Vegetables Soft Tortillas Rice Sour Cream Salsa Golden Brownie Salad Bar Available every dinner	Salad Bar ch: Citrus water, approprific lunches: Ketchup, M Fresh Fruit HAM STEAK Potato Wedges Green Beans Fresh Rolls (whole wheat) Carrot Cake Salad Bar : Milk, Citrus water, approprime control in the co	Salad Bar priate condiments and lustard, Mayonnaise, F Fresh Fruit MEATBALL AND VEGETABLE STEW Egg Noodles Fresh Rolls (whole wheat) Apple Crisp Salad Bar propriate condiments a	Salad Bar toppings - Coffee stati Hot Sauce and Margari Fresh Fruit COOK OUT Hamburgers Hot Dogs Carrot and Celery Sticks Cookies Salad Bar and toppings - Coffee s	Salad Bar on ne Fresh Fruit MEATLOAF Gravy Mashed Potatoes Corn Fresh Rolls (whole wheat) Freezies Salad Bar tation	Fresh Fruit BBQ CHICKEN Rice Carrots Fresh Rolls (whole wheat) Oatmeal Muffin		
Snack Dinner	Fresh Fruit BAKED LASAGNA Meat Sauce Garlic Bread (whole wheat) Cup Cake	Salad Bar Available every lund Available with spectors Fresh Fruit VEGETARIAN FAJITAS Fried Vegetables Soft Tortillas Rice Sour Cream Salsa Golden Brownie Salad Bar Available every dinner	Salad Bar ch: Citrus water, approprific lunches: Ketchup, M Fresh Fruit HAM STEAK Potato Wedges Green Beans Fresh Rolls (whole wheat) Carrot Cake Salad Bar : Milk, Citrus water, approprime control in the co	Salad Bar priate condiments and lustard, Mayonnaise, F Fresh Fruit MEATBALL AND VEGETABLE STEW Egg Noodles Fresh Rolls (whole wheat) Apple Crisp Salad Bar propriate condiments a	Salad Bar toppings - Coffee stati Hot Sauce and Margari Fresh Fruit COOK OUT Hamburgers Hot Dogs Carrot and Celery Sticks Cookies Salad Bar and toppings - Coffee s	Salad Bar on ne Fresh Fruit MEATLOAF Gravy Mashed Potatoes Corn Fresh Rolls (whole wheat) Freezies Salad Bar tation	Fresh Fruit BBQ CHICKEN Rice Carrots Fresh Rolls (whole wheat) Oatmeal Muffin		

Ouellet Catering Salad Bar Options

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:

 Options with every salad bar: Coleslaw Potato salad Chicken salad Chicken salad Macaroni salad Cuumber salad Corn salad Pasta Salad Chick Pea Salad Carrot salad Carrots (shredded or sticks or diced) Carrots (diced or sticks) Hard-boiled eggs Chopped green onion Sliced red onion Chopped white onion Sliced cucumber Sprouts Croutons (white or whole wheat) Sliced radishes Red cabbage Tuna Tofu 	Offered wit Varion iceberg lettuce, romain	h every salad bar: us greens us le lettuce, spring mix, spinach re will be one of the following salad	Additionals Below are examples of garnishes and condiments a variety of which are offered with every salad bar.		
The salads are offered with a variety of dressings.	 Coleslaw Potato salad Chicken salad Macaroni salad Cucumber salad Corn salad Pasta Salad 	 Rice salad Couscous salad Tomato and cucumber salad Bean salad Waldorf salad (without walnuts) Carrot salad Mixed vegetable salad 	 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) 	 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 	