

OFRC – SAMPLE FAMILY CAMP MENU

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast 8:30-9:30 a.m. Breakfast bar includes toast, fresh fruit, dry cereal, butter or margarine, yogurt, honey, jam, jelly, peanut butter, juice, milk, cocoa, coffee & tea.		Hot cream of wheat Oat pancakes Fried ham steaks Hard cooked egg (v) Blueberry syrup & butter Blueberry compote Breakfast bar	Toasted steel cut oats Doughnut muffin & blueberry scones Turkey sausage patty Lentil patty (v) Hard cooked egg Fresh berries Breakfast bar	Hot cream of wheat Egg scramble with asparagus, roasted red pepper & Swiss Hash brown patty Pork sausage link Lentil patty (v) Fresh fruit Breakfast bar	Hot oatmeal French toast GF pancakes Crisp bacon Lentil patty (v) Pancake syrup & butter Mixed berry compote Breakfast bar	Hot cream of wheat Scrambled eggs Turkey sausage link Lentil patty (v) Cottage potatoes Fresh fruit Breakfast bar	Toasted steel cut oats Yeasted pancake Turkey sausage patty Lentil patty (v) Hard cooked egg Pancake syrup & butter Fresh berries Breakfast bar
Lunch 12:30-1:30 p.m. 		Pork carnitas tacos Beef tacos Veggie tacos (v) Corn & flour tortillas Mexican corn Tomato, cheese, sour cream & onion/cilantro Guacamole Salsa ranchera Fruit Jell-O Salad bar	Roasted tomato soup with rosemary (v) Grilled ham & cheese sandwich White bean salad with bok choy & red peppers Dill pickles Sandwich spreads Fruit Jell-O Salad bar	Beef hot dog or chili dog Veggie burger (v) Baked macaroni & cheese Cucumber & onion salad Tomato, onion & pickle relish Sandwich spreads Chocolate chip cookie Salad bar	Split pea soup with ham Sloppy Joe on garlic toast Mushroom Joe on garlic toast (v) Potato chips Marinated broccoli salad Leftover desserts Salad bar	Deli sandwich Tuna salad sandwich Vegetable barley salad Tomato, onion & dill pickle Sandwich spreads Tortilla chips with salsa verde & salsa ranchera Watermelon Salad bar	Vegetarian (v) options are offered at each meal. Vegan, dairy-free & gluten-free options are offered when campers indicate these dietary preferences on their registration form.
Dinner 6:00-7:00 p.m.	Italian sausage Baked polenta with roast tomato (v) Baked ziti with marinara Steamed broccoli spears Garlic bread Berry buckle Salad bar	Roast turkey with herb gravy Tofurkey sausage & sautéed kale (v) Buttermilk mashed potatoes Green peas Dinner roll Pumpkin pie with whipped cream Salad bar S'mores at campfire	Filipino chicken adobo Filipino veggie adobo (v) Pancit bihon Garlic fried rice Sautéed green beans Marble cake Salad bar	Pork loin with honey-orange glaze Eggplant 'steaks' (v) Red beans and rice Sautéed carrots & kale Brownie Salad bar	Beef tacos Quinoa tacos (v) Mexican rice Refried beans Cheese, onion & sour cream Tomato, olives & guacamole Salsa ranchera Strawberry shortcake Salad bar	<i>The Famous Feather River Barbecue</i> Smoked ribs BBQ chicken Tofu steaks (v) Feather River barbecue sauce Texas beans Steamed rice Potato salad Corn-on-the-cob Camp berry crisp Salad bar	

PLEASE NOTE THAT THIS IS JUST A SAMPLE MENU! MEAL OFFERINGS CHANGE FROM WEEK TO WEEK.

Salad Bar (if health guidelines permit)

Wine & Cheese Social

Salad bar is served at lunch and dinner. Enjoy a tailor-made house salad with carrots, tomatoes, peppers, cucumbers, beets, onions, beans, cheese, eggs, croutons, saltine crackers and our signature dressings. Tuna and special salads are frequently added to the salad bar.

Executive Director Mark Olson hosts a Wine & Cheese Social at least once a week at 5p.m. on the patio. Meet the director and get to know your fellow campers, and learn a little more about the past and future of Feather River Camp - all while enjoying an appetizer with a glass of wine, bottle of craft beer, or can of seltzer.