


# OFRC – SAMPLE FAMILY CAMP MENU

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Breakfast</b> 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.		Toasted steel cut oats Egg, ham & cheese on ciabatta Grilled zucchini, tomato & arugula on ciabatta (v) Hash brown patty Cilantro sauce Yogurt selection  Breakfast bar	Hot oatmeal Belgian waffle Turkey sausage patty Beyond patty (v) Scrambled eggs (v) Tofu scramble (v) Vegan link(v) Pancake syrup, butter  Breakfast bar	Hot cream of wheat Scrambled eggs with spinach & feta Pork sausage link Vegan patty (v) Tofu scramble (v) Home fries Yogurt selection & fresh berries  Breakfast bar	Hot cream of wheat Scrambled eggs (v) Tofu sofrito (v) Chorizo & turkey sausage patty Lentil patty (v) Cottage potatoes Salsa ranchera, shredded cheese & sour cream Flour tortilla  Breakfast bar	Toasted steel cut oats Iced cinnamon bun Pork sausage link Lentil patty (v) Scrambled eggs with spinach & feta Quinoa & tofu scramble with spinach & tomato (v)  Breakfast bar	Hot cream of wheat French toast Crisp bacon Lentil patty (v) Scrambled eggs (v) Tofu scramble (v) Pancake syrup, butter & margarine Yogurt selection & fresh berries  Breakfast bar
<b>Lunch</b> 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	Chicken tenders with ranch dressing Vegan tenders (v) French fries Assorted chips Caprese salad Kale & Brussels slaw Cantaloupe  Salad bar	Beef hot dog on bun Beyond hot dog (v) Vegetarian baked beans (v) Kale & Brussels slaw Tomato, onion & pickle relish Sandwich spreads Honeydew melon  Salad bar	Deli sandwich with turkey, ham & salami Ranch chickpea salad (v) Tuna salad Classic 3-bean salad Tomato, lettuce, onion & dill pickle Sandwich spreads 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.
<b>Dinner</b> 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	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	<b>The Famous Feather River Barbecue</b> Smoked ribs BBQ chicken Tofu steaks (v) Feather River BBQ 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)

**Meet & Greet with the Executive Director**

The Feather River 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 at least one Meet & Greet for adult campers each week. 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 a delicious treat with a glass of wine, bottle of craft beer, or can of seltzer.