


Oakland Feather River Camp - Sample Family Camp Menu

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Breakfast 8:30-9:30 a.m.</p> <p>Breakfast bar includes toast, fresh fruit, dry cereal, butter or margarine, yogurt, honey, jam, jelly, peanut butter, juice, milk, cocoa, coffee & tea.</p>		<p>Toasted steel cut oats Egg, ham & cheese on ciabatta Grilled zucchini, tomato & arugula on ciabatta (v) Hash brown patty Cilantro sauce Yogurt selection</p> <p>Breakfast bar</p>	<p>Hot oatmeal Belgian waffle Turkey sausage patty Beyond patty (v) Scrambled eggs (v) Tofu scramble (v) Vegan link(v) Pancake syrup, butter</p> <p>Breakfast bar</p>	<p>Hot cream of wheat Scrambled eggs with spinach & feta Pork sausage link Vegan patty (v) Tofu scramble (v) Home fries Yogurt selection & fresh berries</p> <p>Breakfast bar</p>	<p>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</p> <p>Breakfast bar</p>	<p>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)</p> <p>Breakfast bar</p>	<p>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</p> <p>Breakfast bar</p>
<p>Lunch 12:30-1:30 p.m.</p>		<p>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</p> <p>Salad bar</p>	<p>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</p> <p>Salad bar</p>	<p>Chicken tenders with ranch dressing Vegan tenders (v) French fries Assorted chips Caprese salad Kale & Brussels slaw Cantaloupe</p> <p>Salad bar</p>	<p>Beef hot dog on bun Beyond hot dog (v) Vegetarian baked beans (v) Kale & Brussels slaw Tomato, onion & pickle relish Sandwich spreads Honeydew melon</p> <p>Salad bar</p>	<p>Deli sandwich with turkey, ham & salami Ranch chickpea salad (v) Tuna salad Classic 3-bean salad Tomato, lettuce, onion & dill pickle Sandwich spreads Watermelon</p> <p>Salad bar</p>	<p>The OFRC kitchen is nut free. Peanut butter alternative is available.</p> <p>Vegetarian (v) options are offered at each meal.</p> <p>Vegan, dairy-free & gluten-free options are offered when campers indicate these dietary preferences on their registration form.</p>
<p>Dinner 6:00-7:00 p.m.</p>		<p>Italian sausage Baked polenta with roast tomato (v) Baked ziti with marinara Steamed broccoli spears Garlic bread Berry buckle</p> <p>Salad bar</p>	<p>Roast turkey with herb gravy Tofurkey sausage & sautéed kale (v) Buttermilk mashed potatoes Green peas Dinner roll Pumpkin pie with whipped cream</p> <p>Salad bar</p>	<p>Filipino chicken adobo Filipino veggie adobo (v) Pancit bihon Garlic fried rice Sautéed green beans Marble cake</p> <p>Salad bar</p>	<p>Pork loin with honey-orange glaze Eggplant 'steaks' (v) Red beans and rice Sautéed carrots & kale Brownie</p> <p>Salad bar</p>	<p>Beef tacos Quinoa tacos (v) Mexican rice Refried beans Cheese, onion & sour cream Tomato, olives & guacamole Salsa ranchera Strawberry shortcake</p> <p>Salad bar</p>	

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

Salad Bar

The Feather River Salad bar is served at lunch and dinner. Enjoy a tailor-made house salad with a variety of delicious and nutritious toppings, plus our signature dressings. Tuna and special salads are frequently added to the salad bar. Additionally, we always have basic sandwich ingredients available for campers.

Meet & Greet with the Executive Director

Executive Director Mark Olson hosts at least one Meet & Greet for adult campers each week. Meet the Executive Director, get to know your fellow campers, and learn a little more about the past and future of Oakland Feather River Camp - all while enjoying a delicious treat with a glass of wine or craft beer.