

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Main Dish: oats Jam: raspberry Nuts: ALMONDS Yogurt: Maple Vanilla Sweetener: Honey Toast: whole wheat On Sideboard: HB eggs, fruit, granola Sides: butter, milk, berries Dietary Alt: None Breakfast Tea	Main Dish: oats Jam: raspberry Nuts: walnuts Yogurt: plain Sweetener: maple syrup Toast: ww On Sideboard: HB eggs, fruit, granola Sides: butter, milk, berries, almond butter Dietary Alt: None Breakfast Tea	Main Dish: 7-grain Jam: raspberry Nuts: almonds Yogurt: M.V. Sweetener: honey Toast: w.w. On Side Board: HB eggs, fruit, granola Sides: butter, milk, raisins, cream cheese Dietary Alt: none Breakfast Tea	Main Dish: oats & rye Jam: raspberry Nuts: walnuts Yogurt: plain Sweetener: maple cream Toast: w.w. On Side Board: HB eggs, fruit, granola Sides: butter, milk, berries Dietary Alt: 3- GF toasts Breakfast Tea	Main Dish: Pancakes! Jam: berry Nuts: NO NUTS Yogurt: M.V. Sweetener: maple syrup Toast: none On Side Board: HB eggs, granola, fruit Sides: milk, butter, warm applesauce Dietary Alt: Breakfast Tea
Snack	popcorn & juice tea (hibiscus tea & apple juice)	popcorn & juice tea	Popcorn & juice tea	Popcorn & juice	
Lunch Students: 17 Adults: 2 Staff: 10 Total: 37	Green Salad Dressing: white Sauerkraut Main Dish: steamed seasonal veg w/ brown rice & tofu Side: stir-fry sauce, sesame seeds Dietary Alt: none	Green Salad Dressing: brown Kraut: choice Main Dish: roasted pumpkin & red bean enchiladas Side: sweets & greens, quark Dietary Alt: 1-DF option(Eva)	Green Salad Dressing: white Kraut: choice Main Dish: veggie& cheese frittata Side: veg Dietary Alt: 1-DF option	Green Salad Dressing: brown Kraut: choice Main Dish: burritos Side: salsa, sweet potatoes, quark Dietary Alt: 1-DF option	
	Fresh fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	
Supper Students: 17 Adults: 2	CAMPERS COOKS Green Salad Dressing: brown Kraut: choice	CAMPERS COOK Green Salad: Dressing: white Kraut: choice	CAMPERS COOK Green Salad: Dressing: brown Kraut: choice	5:15 Supper CAMPERS COOKS Green Salad: Dressing: white	

Staff: 3 Total: 22	Main Dish: Veggie Chowd Side: H.B. eggs, cheese, Biscuits & Butter Dietary Alt: 1-DF soup(Eva)	Main Dish: Minestrone Side: HB eggs, shredded cheese Bakery rolls & butter Dietary Alt: None	Main Dish: coconut curry squash/apple soup Side: HB eggs, luna cheese Cornbread & butter Dietary Alt: None	Kraut: choice Main Dish: Lasagna Side: HB eggs, cheese Bakery B & B Dietary Alt: None	
Dessert				Campfire: organic vegan marshmallows, graham crackers and chocolate	