



**Sample menu for a stay at YMCA Kanawana
OUTDOOR EDUCATION**

	Breakfast	Lunch	Supper	Snack
Day 1	Omelette Potatoes Toast Fruit platters	Croque Monsieur Cream of broccoli soup Coleslaw <i>Oatmeal cookie</i>	Orange chicken (On bed of rice) Seasonal soup Chef's salad Ice cream	Chewy bars
Day 2	Bagels Cream cheese Fruit platters	Quesadillas Lentil soup Chef's salad <i>Watermelon</i>	Chicken legs Oven potatoes Minestrone soup Coleslaw <i>Apple crisp</i>	Muffins
Day 3	Eggs Bacon Toast Fruit platters	Salad meal (chicken breast) Cream of tomato soup <i>Rice Krispie squares</i>	Meatloaf Chicken rice soup Chef's salad <i>White cake</i>	Cookies
Day 4	French Toast Fruit platters	Assorted sandwiches (Tuna, ham, egg) Chicken noodle soup Greek salad <i>Muffins</i>	Spaghetti (meat sauce) Cream of mushroom soup Garlic bread <i>Chocolate pudding</i>	Marshmallows for the campfire and fruit
Day 5	Yogurt Granola Fruit platters	Macaroni and cheese Cream of carrot soup Chef's salad <i>Chocolate brownies</i>	Beef stew Potatoes au gratin Leek soup Chef's salad <i>Chocolate cake</i>	Chewy bars
Also available during meals	Jam Syrup Orange juice Milk (cow, soy) White and brown bread	Crudités (veggies) Apples Oranges Juice	White or brown bread Juice	Fruit is always available between meal times

*This is a sample menu of the meals offered.
*Upon request, all meals are served WITHOUT MEAT.