



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

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

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