

# SAMPLE MENU

(All meals are subject to change at any time)

PLEASE NOTE: Food will be prepared by YOU and the other participants during the week. There will be plenty to eat and it's going to be great! Think of it like a church potluck.

## BREAKFAST

Participants will have one or more of the following options:

Waffles, sausage, English muffins, eggs, cheese, biscuits and gravy, ham

Accompaniments (each day): Cereal, yogurt, toast, peanut butter, fruit, oatmeal, milk, coffee and juice

Please note: Only cereal and toast available on the last morning

## LUNCH

Lunches are picnic style and at the worksites. There will be: Sliced ham or turkey for sandwiches, wheat bread, lettuce, tomatoes, cheese, chips, a fruit or vegetable and a treat like a granola bar or cookie. Peanut butter and jelly sandwiches will be available each day too.

Beverages on the work site: Each participant should have a reusable water bottle for water

## DINNER

**Sunday:** Pizza OR meal provided by local community

**Monday:** Meat and vegetable lasagna, side vegetable, dinner rolls, and ice cream cups

**Tuesday:** DINNER ON YOUR OWN

**Wednesday:** Taco bar with flour tortillas, taco shells, ground beef, tortilla chips, black beans, lettuce, tomato, cheese, onion, sour cream, chunky salsa, and ice cream bars

**Thursday:** Chicken tenders, mac and cheese, side vegetable, and strawberry shortcake

**Salad bar** (every night except Wed): Featuring mixed greens, carrots, hard boiled eggs, black beans, croutons, shredded cheese, sliced turkey or ham, and Ranch and Italian dressing

**Beverages:** Lemonade or fruit punch will be available

- ▶ If you have a participant that has to eat gluten-free--please let us know. We can have a few gluten free options at camp, but need to know in advance.
  - ▶ If you have a vegetarian in your group, see page 3.
  - ▶ Please note that we do have peanut butter on our menu.

# FOOD RESTRICTIONS

Group Mission Trips understands that there are many with dietary restrictions and food allergies. We want our staff and participants to work together to provide a safe environment for anyone with food restrictions.

## HOW DIETARY RESTRICTIONS WILL BE HANDLED:

- If a participant has a food allergy or restriction, their Trip Leader should ensure they've seen Group Mission Trips' Sample Menu. They can see what will be served each day and decide what supplement meals/snack items they'll need to bring.
- If a participant must eat gluten-free, please let Group Mission Trips know either by calling or via the online Dashboard prior to camp.
- If a participant needs to bring supplement meals or snacks to accompany the Group Mission Trips' menu, there cannot be a reduction in registration fees since Group Mission Trips purchases food in bulk. Camp staff *will* assist by providing space for additional food in the kitchen or in another designated storage area.
- If the food allergy is severe, the Youth Leader should notify Group Mission Trips either by calling or via the online Dashboard prior to camp. Depending on the severity, the participant may need to be assigned to a crew with another person from their own group who understands their food restrictions. The participant should inform the rest of their crew about their food restrictions too, should an emergency arise.
- Participants need to bring any medication they need (ie EpiPens).
- Participants may want to bring their own small cooler to keep their lunch separate from the others on their crew.
- GMT staff will be able to provide ingredient information prior to each meal at camp. There will be signs posted in the cafeteria each day at camp that list vegetarian options, please also see the next page for those.
- If you have any questions, please feel free to call us at 844.258.9616.

Please see the next page for vegetarian options.

# VEGETARIAN

We have listed here some possible options from our menu that may work for you. Anything marked (\*) may contain meat additives so please check with staff at camp.

## BREAKFAST

Waffles	Fruit
Eggs	Cereal
English muffins	Cheese
Wheat toast and biscuits	Butter, jelly, peanut butter
Oatmeal	Juice, coffee, tea
Yogurt	

## LUNCH

Bread
Peanut butter and jelly
Cheese, tomatoes, lettuce, mayo, mustard
Chips
Fruit or veggie options
A variety of treats (like granola bars or cookies)

## DINNER

Salad bar each night except Wed: Mixed greens, carrots, hard boiled eggs, black beans, croutons, shredded cheese, and dressing (Ranch and Italian)

Peanut butter and jelly available each night

Sunday: Meal provided by community so unknown

Monday: Vegetable lasagna, side vegetable, and ice cream cup

Tuesday: Dinner on your own

Wednesday: Flour tortillas, taco shells, tortilla chips, salsa, diced tomatoes, onions, lettuce, sour cream, cheese, black beans\*, and ice cream bar

Thursday: Macaroni and cheese, vegetables, and strawberry shortcake

Beverages: Lemonade or fruit punch