

Rock Lake United Church Camp  
Camp Menu

	Breakfast	Lunch	Afternoon Snack	Supper	Campfire Snack
1st	Apple Pie Sandwiches Bacon Grilled Mashed Potatoes Fruit Salad Orange Juice	Vegetable Sticks Oscar's Sloppy Mess Worms Potato Chips Milk	Fruit Bowl	Vegetables & Dip Honey-Garlic Chicken Pan Fries Carrots Dish of Dirt Punch	Jungle Fun Toss Apple Juice
2 <sup>nd</sup> Day	Pancakes Sausages Shredded Potatoes Melon Pieces Cranberry Cocktail	Vegetable Salad Grilled Cheese & More Chicken Noodle Soup Grape Juice	Frozen Treat	Garden Salad Roast Beef & Gravy Roast Potatoes Mixed Vegetables Pizza Cookie Milk	Ants-on-a-Log Punch
3rd Day	Hearty Breakfast Sandwich Hash Brown Patty Strawberries Five Alive	Coleslaw Patty Melt Potato Salad Macaroni Salad Chocolate Milk	Watermelon	Caesar Salad Spaghetti & Meat Sauce Garlic Toast Ice Cream Sandwich Cake Lemonade	Nacho Chips & Salsa Orange Punch
4th Day	Fruit Waffles a la Mode Fruit Plate Apple juice	Pick-a-Picnic Lunch	Freezie	Crunchy Coleslaw Fish & Chips Peas & Carrots Cabin #7 French Bread Ooey Gooey S'Mores Milk	Popcorn Grape Juice
5th Day	Bacon & Cheese Rarebit Pan Fries Grapes Peach Cocktail	Vegetable Sticks Smokie on a Bun Tater Tots BBQ Chips Milk	Cantaloupe & Honeydew	Chunky Tomato Salad Steak Sandwich Baked Potato Corn-on-the-Cob Create a Sundae Soda Pop	Cheese & Crackers Punch
6th Day	Pizza for Breakfast Hash Browns Orange/Kiwi Slices Grape Juice	Vegetable Sticks Assorted Sandwiches Ballpark Snack Mix Pickles Chocolate Milk	Frozen Treat	Garden Salad Honey Baked Ham Scalloped Potatoes Cauliflower & Baby Carrots Strawberry Shortcut Punch	Jiffy Pizza Fruit Punch
7th Day	Cold Cereal Toast Fruit Bowl Orange Juice	Vegetable Sticks Giant Hero Sandwich Vegetable Soup Milk	Freezie	Red Slaw Hamburgers French Fries Onion Rings Sherbet & Wafers Party Punch	Banana Bread Grape Punch