



Email meal choices to :[info@uppercanadacamp.com](mailto:info@uppercanadacamp.com)

*Please choose from the following equal value meal options*

## ***BREAKFAST MENUS***

*Breakfast is served @ 8:30am*

### **Breakfast #1**

Homefries  
Scrambled Eggs  
Bacon  
Orange and Apple Juice  
Coffee and Tea

### **Breakfast #2**

Homefries  
Pancakes/Syrup  
Sausage  
Orange and Apple Juice  
Coffee and Tea

### **Breakfast #3**

Homefries  
Bacon  
Cinnamon French Toast/Syrup  
Orange and Apple Juice  
Coffee and Tea

### **Breakfast #4**

Seasonal Fruit  
Sliced Ham Platter/Cheese Tray  
Assorted Cereals/Milk/Yogurt Cups  
Toast/Croissants/Bagels  
Orange and Apple Juice  
Coffee and Tea

**For Breakfast #1, 2, or 3 choose one additional item:**

\*Seasonal Fruit Cup\*    \*Assorted cold cereals/milk\*    \*Yogurt\*  
\*Assorted bagels/cream cheese\*    \*Croissants/muffins\*

*Specials requests for individual milk cartons are available at the additional cost of \$1.00 per person per portion.*

## ***LUNCH MENUS***

*Lunch is served @ 12:30pm*

### **Lunch #1**

French Fries  
Hamburgers/Condiments  
Potatoe Salad/Coleslaw  
Juice/Coffee/Tea

### **Lunch #2**

Pepperoni & Cheese/Deluxe Pizza  
Caesar Salad  
Assorted Chips  
Juice/Coffee/Tea

### **Lunch #3**

Buns and Butter  
Assorted coldcuts/meat platters  
Soup of the day  
Pasta Salad, Pickles, Olives  
Juice/Coffee/Tea

### **Lunch #4**

Grilled Cheese Sandwich  
Soup of the Day  
Veggies and Dip  
Juice/Coffee/Tea

### **Lunch #5**

Perogies  
With Bacon/Onion/Sour Cream  
Chefs Salad  
Dinner Rolls  
Juice/Coffee/Tea

### **Lunch #6**

Tacos with toppings  
Tomatoes, Salsa, Sour Cream  
Onions, Cheese, Lettuce  
Juice/Coffee/Tea

# ***DINNER MENUS***

***Dinner is served @ 5:30pm***

**Dinner #1**  
BBQ Chicken  
Rice Pilaf  
Corn  
Salad/Rolls  
Juice/Coffee/Tea

**Dinner #2**  
Spaghetti & Meatballs  
Caesar Salad  
Garlic Bread  
Juice/Coffee/Tea

**Dinner #3**  
Shepherd's Pie  
Chef Salad  
Dinner Rolls  
Juice/Coffee/Tea

**Dinner #4**  
Lasagna  
Caesar Salad  
Garlic Bread  
Juice/Coffee/Tea

**Dinner #5**  
Beef Stir Fry  
Rice/Salad  
Dinner Rolls  
Juice/Coffee/Tea

**Dinner #6**  
Fish and Chips/Halibut  
Tartar Sauce  
Coleslaw/Dinner Rolls  
Juice/Coffee/Tea

**(The kitchen closes each day at 7:00 pm)**

## ***Dinner Desserts***

*(desserts served with dinner entrées only)*

**Dessert #1**  
Chocolate Brownies

**Dessert #2**  
Jell-O  
with whipped cream  
/cookie

**Dessert #3**  
Vanilla Ice Cream  
(individual cups)

**Dessert #4**  
Apple Pie

**Dessert #5**  
Nanaimo Bars

**Dessert #6**  
Chocolate Eclairs

## Evening Snacks

*Please choose one selection for each evening including arrival evening. Snacks will be put out for 8:00 pm, self-serve buffet.*

### **Snack #1**

Assorted Cookies  
Juice/Coffee/Tea

### **Snack #2**

Assorted Squares  
Juice/Coffee/Tea

### **Snack #3**

Seasonal Whole Fruit  
Juice/Coffee/Tea

### **Snack #4**

Cheese/Crackers  
Juice/Coffee/Tea

### **Snack #5**

Nacho's and Dip  
Juice/Coffee/Tea

### **Snack #6**

Vegetables/Dip  
Juice/Coffee/Tea

## ***Special Menu Orders***

*(additional cost)*

### **Deluxe Dinner #7**

*(additional \$5.00  
per person)*

Roast Beef \*or\* Roast Pork (with Gravy)  
Potatoes/Mixed Vegetables/Chef's Salad  
Dinner Rolls      Juice/Coffee/Tea

**Day guests are welcome. There will be a flat rate charge of \$36 per day per adult/youth guest (13 and over) and \$26 per day per child guest(up to 12).**

***\*Please make note of our meal times and adhere to them when planning your schedule/activities.***