



CAMP OCKANICKON 2023

WEEK 1



	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST MEAL A 7:30am MEAL B 8:30am		<ul style="list-style-type: none"> PANCAKES SAUSAGE LINKS 	<ul style="list-style-type: none"> SCRAMBLED EGGS COUNTRY HAM HASHBROWN PATTY 	<ul style="list-style-type: none"> FRENCH TOAST BACON 	<ul style="list-style-type: none"> CHEESE OMELETS SAUSAGE PATTY TATER TOTS 	<ul style="list-style-type: none"> SAUSAGE, EGG & CHEESE BISCUIT HASHBROWN PATTY 	<ul style="list-style-type: none"> CONTINENTAL 7:30am-9:30am

FRUIT, YOGURT AND OATMEAL BAR (ADULTS FIRST); ASSORTED CEREALS; LOW FAT MILKS AND DAIRY ALTERNATIVES AVAILABLE; JUICE & COFFEE

LUNCH MEAL A 12:15pm MEAL B 1:15pm ➤ SERVED AT SIDE BAR		<ul style="list-style-type: none"> MEATBALL SUBS TATER TOTS ➤ ALFREDO PASTA BAKE ➤ BROCCOLI 	<ul style="list-style-type: none"> CHEESE & PEPPERONI PIZZA HOT WINGS ➤ LOADED TACO TOT BAKE (BEEF OPTIONAL) 	<ul style="list-style-type: none"> HAMBURGER & HOT DOG (BEEF) POTATO CHIPS ➤ SLOPPY JIM (TURKEY) ➤ CORN ON THE COB 	<ul style="list-style-type: none"> PULLED PORK SANDWICH MAC & CHEESE COLESLAW ➤ PULLED CHICKEN ➤ POTATO SMILES 	<ul style="list-style-type: none"> CHICKEN TENDERS BAKED POTATO WEDGES GREEN BEANS ➤ PIEROGIES 	
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LUNCH & DINNER OFFER A SALAD BAR (ADULTS FIRST); LOW FAT MILKS AND DAIRY ALTERNATIVES AVAILABLE; JUICE & COFFEE

DINNER MEAL A 5:30pm MEAL B 6:30pm	<ul style="list-style-type: none"> MAKE YOUR OWN HOAGIE (HAM OR TURKEY) AT YOUR CAMPSITE ➤ PICKUP FROM 5-6PM AT FOSTER: FRONT PORCH, LAKE SIDE ENTERANCE ➤ DROPOFF MILK CRATES BEHIND FOSTER UNDER TENT BEFORE 7:30pm 	<ul style="list-style-type: none"> GRILLED ITALIAN CHICKEN COUNTRY GRAVY RICE PILAF GREEN BANS 	<ul style="list-style-type: none"> PORK CHOP COUNTRY GRAVY MASHED POTATOES CARROTS 	<ul style="list-style-type: none"> GENERAL TSO CHICKEN VEGGIE FRIED RICE BROCCOLI 	<ul style="list-style-type: none"> MEATLOAF COUNTRY GRAVY MASHED POTATOES CORN 	<ul style="list-style-type: none"> BEEF LASAGNA GARLIC BREAD BROCCOLI 	
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HAND FRUITS (i.e., apples, oranges) ARE AVAILABLE DURING ALL MEAL PERIODS

ALTERNATE MEAL OPTIONS ARE AVAILABLE. PLEASE MAKE SURE TO REGISTER YOUR DIETARY RESTRICTION ONLINE (AT LEAST **2 WEEKS** BEFORE YOUR ARRIVAL) AT <https://forms.ockanickon.org/view.php?id=38860> DIETARY RESTRICTIONS WILL BE VERIFIED AGAIN DURING SUNDAY CHECK-IN
EMAIL QUESTIONS TO Healthlodge@Ockanickon.org

ALTERNATE MENUS ARE MADE BASED ON PACKAGING INFORMATION AND INTERNET SEARCHES. PLEASE NOTE THAT ITEMS MAY CHANGE DUE TO TRUCK SHORTAGES AND/OR SUBSTITUTIONS. PLEASE SEE THE FOOD SERVICE **DIRECTOR** WITH QUESTIONS REGARDING DIETARY MENUS



CAMP OCKANICKON 2023

WEEK 2



	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST MEAL A 7:30am MEAL B 8:30am		<ul style="list-style-type: none"> PANCAKES SAUSAGE LINKS 	<ul style="list-style-type: none"> SCRAMBLED EGGS COUNTRY HAM HASHBROWN PATTY 	<ul style="list-style-type: none"> FRENCH TOAST BACON 	<ul style="list-style-type: none"> CHEESE QUICHE SAUSAGE PATTY TATER TOTS 	<ul style="list-style-type: none"> SCRAMBLED EGGS SAUSAGE GRAVY & BISCUITS 	<ul style="list-style-type: none"> CONTINENTAL 7:30am-9:30am

FRUIT, YOGURT AND OATMEAL BAR (ADULTS FIRST); ASSORTED CEREALS; LOW FAT MILKS AND DAIRY ALTERNATIVES AVAILABLE; JUICE & COFFEE

LUNCH MEAL A 12:15pm MEAL B 1:15pm ➤ SERVED AT SIDE BAR		<ul style="list-style-type: none"> SLOPPY JIM (TURKEY) CORN BEEF GYRO 	<ul style="list-style-type: none"> CHEESE PIZZA DIPPERS HOT WINGS ➤ BONELESS RIB PATTY SANDWICH ➤ CHIPS 	<ul style="list-style-type: none"> GRILLED CHEESE TOMATO SOUP ➤ KIELBASA & POTATO HASH 	<ul style="list-style-type: none"> PULLED PORK SANDWICH MAC & CHEESE COLESLAW ➤ PULLED CHICKEN ➤ POTATO SMILES 	<ul style="list-style-type: none"> CHICKEN CHEESESTEAK BAKED POTATO WEDGES ➤ BUFFALO CHICKEN MAC & CHEESE 	
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