



CAMP OCKANICKON 2022 (PENDING REVIEW)



	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"> • 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"> • 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 JOE (TURKEY) > CORN ON THE COB 	<ul style="list-style-type: none"> • PULLED PORK SANDWICH • MAC & CHEESE • COLESLAW > PULLED CHICKEN > BAKED FRENCH FRIES 	<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"> • ITALIAN BAKED CHICKEN • COUNTRY GRAVY • RICE PILAF • GREEN BANS 	<ul style="list-style-type: none"> • ROAST BEEF • 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

DIETARY RESTRICTIONS

Reporting Food Allergies and Restrictions to Camp

We ask that anyone who is staying at Ockanickon this summer and has a dietary restriction, please inform the camp of this before their arrival. Please follow this link :

<https://forms.ockanickon.org/view.php?id=38860>

Please complete this form no less than 2 weeks before your arrival at camp. All communications for Dietary needs should be directed to Healthlodge@Ockanickon.org.

Please verify your Dietary Restriction on Sunday at Check-in.

** In most cases the OSR Food Service team can accommodate the needs of your scouts. In extreme cases, scouts can bring their own food from home. All of this must go through the Camp Health Officer and Food Service Director prior to arrival.**