

## Ohana Camp Sample Menus

### Breakfast

Pancakes with Blueberries & Vermont Maple Syrup  
Hot & Cold Cereal - Sausage  
Fruit - Yogurt - Granola  
Muffins - Scones - Coffee Cake  
Orange Juice - Milk - Coffee - Tea - Hot Chocolate

Scrambled Eggs & Home-fried Potatoes  
Bagels & Cream Cheese - Bacon - Hot & Cold Cereal  
Fruit - Yogurt - Granola  
Muffins - Scones - Coffee Cake  
Orange Juice - Milk - Coffee - Tea - Hot Chocolate

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Other selections may include: French Toast - Ham - English Muffins - Hard Boiled Eggs

### Dinner

Roast Beef with Horseradish Sauce  
Roasted Potatoes - Fresh Vegetable Medley  
Caesar Salad - Vegetarian Alternative  
Apple Crisp with Ice Cream  
Cranberry Juice - Coffee & Tea

Chicken Breast with Capers & Lemon  
Rice Pilaf - Summer Squash  
Mixed Tossed Greens - Vegetarian Alternative  
Rolls & Butter  
Cheesecake with Blueberry Sauce  
Cranberry Juice - Coffee & Tea

Penne Primavera with Pesto Cream Sauce & Chicken  
Caesar Salad - Garlic Bread  
Chocolate Cake with Strawberries  
Cranberry Juice - Coffee & Tea

Other entrees may include: Roast Turkey with all the fixings - Vegetable or Chicken Stir Fry with Asian  
Ginger Sauce

Cookout with Hamburgers, Hot Dogs, Veggie Burgers, Salads & Watermelon

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Vegetarian Alternatives may include: Black Beans & Rice - Pan-fried Tofu with Tomato, Spinach, & Curry  
Sauté  
- Mushroom & Tofu Strudel - Brown Rice and Tofu Cakes

## Trail Lunch

Sliced Turkey - Sliced Ham - Sliced Salami - Assorted Sliced Cheeses - Peanut Butter & Jelly - Hummus  
- Lettuce & Tomato - Condiments - Assorted Breads - Cookies or Bars - Fruit - Chips

Chicken Salad - Egg Salad - Tuna Salad - Peanut Butter & Jelly -  
Hummus - Lettuce & Tomato - Condiments -  
Assorted Breads - Cookies or Bars - Fruit - Chips

**Note: Selections change daily**

**Breakfast is served Buffet Style, and Dinner is served Family Style**