

# Menu - Adirondack Adventure Trip

## White Pine Camp - June 15-22, 2013

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### Saturday

**Dinner** - barbeque

- ❖ Grilled Hamburgers, Hot dogs and Sausage (Garden Burgers available on request)
- ❖ Deli style potato salad & coleslaw
- ❖ Sautéed peppers & onions
- ❖ Chocolate brownies with vanilla ice cream

### Sunday

**Breakfast** - standard\*

**Lunch** - box\*\*

**Dinner**

- ❖ Homemade Italian lasagna
- ❖ Artisan style garlic bread
- ❖ Fresh garden salad with choice of dressings
- ❖ Fruit pies & wiped cream

### Monday

**Breakfast** - standard\*

**Lunch** - box\*\*

**Dinner** - catered from **Lakeview deli**

- ❖ Fresh vegetable platter with vegetable dip in bread round
- ❖ Boneless stuffed chicken breasts - with herbed bread stuffing
- ❖ Meatless baked ziti
- ❖ Fresh rolls & butter
- ❖ Scrumptious carrot cake

### Tuesday - exploration day

**Breakfast** - prepare on your own schedule

**Lunch** - your choice: make your own in camp or takeout, eat out

**Dinner** - on your own; purchase food to prepare at camp or dine out

### Wednesday

**Breakfast** - standard\*

**Lunch** - box\*\*

**Dinner**

- ❖ Variety of fresh quiches'
- ❖ Deli style pasta salads
- ❖ Artisan bread
- ❖ Bakery sheet cake

## Thursday

**Breakfast** - standard\*

**Lunch** - box\*\*

**Dinner**

- ❖ Home style chicken & biscuits
- ❖ Fresh garden salad with choice of dressings
- ❖ Desert on your own (a chance to try ice cream at Crystal Springs Dairy)

## Friday

**Breakfast** - standard\*

**Lunch** - box\*\*

**Dinner**

- ❖ Surf & turf - steak grilled to order and shrimp skewers
- ❖ Deli style potato salad & coleslaw
- ❖ Fresh rolls & butter
- ❖ Variety of delectable cheesecake slices

## Saturday

**Breakfast**

- ❖ Sausage, pancakes with real Adirondack maple syrup

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**\* Standard breakfast for hiking days** - prepare your own

- ❖ A variety of fat free regular and Greek yogurts
- ❖ Breads and English muffins to toast
- ❖ Muffins or donuts
- ❖ Fresh fruit
- ❖ Cold cereal selection
- ❖ Instant oatmeal
- ❖ Eggs
- ❖ Brown & serve sausage
- ❖ Juices, milk, coffee, tea, hot chocolate

**\*\* Box lunches** - prepare your own to carry on the trail

- ❖ Deli meats and cheeses with a variety of breads and rolls, lettuce, tomato, onion, pickles, dressings, etc.
- ❖ Peanut butter and jelly
- ❖ Variety of chip snacks
- ❖ Gorp
- ❖ Fresh fruits & vegetables
- ❖ Cookies
- ❖ Hard candies
- ❖ Drink mixes

This menu may vary depending upon schedule changes and individual dietary requests. Please inform the trip leader in advance of any special requirements.