

SAMPLE MENU

(All meals are subject to change at any time)

PLEASE NOTE: Food will be prepared by cafeteria staff at your lodging facility. It's going to be great, but keep in mind- it's cafeteria style food. It's not a fancy made-to-order restaurant.

BREAKFAST

Participants will have one or more of the following options:

Scrambled eggs, French toast, tater circles, sausage, pancakes, breakfast burritos, English muffins

Accompaniments (each day): Cereal, yogurt, wheat bread, juice, coffee, tea, variety of fruit

LUNCH

Lunches are picnic style at the worksites. There will be: A variety of lunchmeat sandwiches, chips, a fruit or vegetable and a treat like a granola bar or cookie. Peanut butter and jelly will be available each day.

Beverages on the work site:

- ▶ Each day, participants will receive a bottle of water and 1 Propel packet to flavor it
- ▶ Each crew will bring a full 5-gallon water container with them to the worksite
- ▶ Each participant should bring a reusable water bottle to use on the worksites

DINNER

Sunday: Hamburgers, hotdogs, baked beans, fries and ice cream bars OR a Cosponsor provided meal

Monday: Chicken breast with gravy or BBQ sauce, mashed potatoes, side vegetable, rolls and strawberry shortcake

Tuesday: Taco bar with flour tortillas, taco shells, ground beef, tortilla chips, black beans, rice, lettuce, tomato, cheese, onion, and pudding

Wednesday: DINNER ON YOUR OWN. (Dinner will be provided at Navajo Mountain UT.)

Thursday: Chicken tenders, mac and cheese, side vegetable, and brownies

Friday: Baked ziti (one pan of vegetarian ziti), garlic bread, side vegetable and ice cream

Salad bar (every evening): Featuring a variety of mixed greens, grape tomatoes, carrots, cucumbers, cottage cheese, beans, cheddar cheese, croutons, and choice of Ranch, Balsamic Vinaigrette, or Italian dressing

Beverages: Lemonade and iced tea will be available

- ▶ If you have a participant that has to eat gluten-free--please let us know. We are going to have a few gluten free options at camp this year and need to have an accurate number.
 - ▶ If you have a vegetarian in your group, see page 3.
 - ▶ Please note that we do have peanut butter on our menu.

FOOD RESTRICTIONS

Group Mission Trips understands there are many people with dietary restrictions and food allergies. We want our staff and participants to work together to provide a safe environment for anyone with food restrictions.

DIETARY RESTRICTIONS:

- If a participant has a food allergy or restriction, their Trip Leader should ensure they've seen GMT's Sample Menu. They can see what will be served each day and decide what supplement meals/snack items they'll need to bring.
- If a participant must eat gluten-free, please let GMT know either by calling or via the online Dashboard prior to camp.
- If a participant needs to bring supplement meals or snacks to accompany the GMT menu, there cannot be a reduction in registration fees since GMT purchases food in bulk. Camp staff *will* assist by providing space for additional food in the kitchen or in another designated storage area.
- If the food allergy is severe, the Youth Leader should notify GMT either by calling or via the online Dashboard prior to camp. Depending on the severity, the participant may need to be assigned to a crew with another person from their own group who understands their food restrictions. The participant should inform the rest of their crew about their food restrictions too, should an emergency arise.
- Participants need to bring any medication they need (ie EpiPens).
- Participants may want to bring their own small cooler to keep their lunch separate from the others on their crew.
- Cafeteria staff will be able to provide ingredient information prior to each meal at camp. There will be signs posted in the cafeteria each day at camp that list vegetarian options. Please also see the next page.
- If you have any questions, please feel free to call us at 844.258.9616.

Please see the next page for vegetarian options.

VEGETARIAN

We have listed here some possible options from our menu that may work for you. Anything marked (*) may contain meat additives so please check with staff when you get to camp.

BREAKFAST

French toast
Tater circles
Pancakes
English muffins
Wheat toast
Oatmeal
Yogurt
Fruit
Cereal
Cheese
Butter, jelly, peanut butter
Orange juice, coffee, tea

LUNCH

Bread
Peanut butter and jelly
Cheese, tomatoes, lettuce, mayo, mustard
Chips
Fruit or veggie options
A variety of treats (like granola bar or cookie)

DINNER

Salad bar each night: Mixed greens, grape tomatoes, carrots, cucumbers, cottage cheese, beans, cheddar cheese, dressing* (Ranch, Balsamic Vinaigrette, and Italian)

Sunday: Baked beans*, buns, fries, and ice cream bars

Monday: Mashed potatoes, side vegetable, rolls, and strawberry shortcake

Tuesday: Flour tortillas, taco shells, tortilla chips, salsa, diced tomatoes, onions, lettuce, sour cream, cheese, black beans*, and pudding

Wednesday: Dinner on your own

Thursday: Mac and cheese, side vegetable, and brownies

Friday: Baked ziti, garlic bread, side vegetable, and ice cream

Lemonade and iced tea