

## 2017 WIDJI MENU PLAN

The Camp Widjiitiwin menu runs on a three week rotation basis.

We are working on more options for vegetarians, food allergies including lactose and gluten free options.

Please contact the camp at 1-800-551-0168 or [mike@mycamp.ca](mailto:mike@mycamp.ca) to determine which weekly menu we will be using on the week your child will be at Widji.



## 2017 WIDJI MENU WEEK # 1

	<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>Breakfast</b>	Danish, cinnamon buns, 2 kinds of muffins, fruit bowl, cereal, toast, Milk, OJ, C, T, yogurt	Pancakes, sausage, syrup, fruit bowl, cereal, toast, Milk, OJ, C, T, yogurt	Scrambled eggs, bacon, hash browns, fruit bowl, cereal, toast, Milk, OJ, C, T, yogurt	Waffles, fruit sauce, syrup, fruit bowl, cereal, toast, Milk, W, J, C, T, yogurt	Scrambled egg wraps, bacon, tater tots, fruit bowl, cereal, toast, Milk, OJ, C, T, yogurt	French toast, syrup, fruit bowl, cereal, toast, Milk, OJ, C, T, yogurt	Danish, turnovers, cinnamon buns, 2 kinds of muffins, fruit bowl, cereal, toast, Milk, OJ, C, T, yogurt
<b>Lunch</b>	NEW & FAST, brownies, water, juice, coffee, tea	Chicken Burgers, tossed salad, W, J, C, T Molasses sugar	Tacos-chicken & beef, taco salad, nacho chips, bread, W, J, C, T	Loaded baked potatoes, veggies & dip, W, J, C, T	Grilled Cheese & waffle fries, veggies & dip, Tomato soup W, J, C, T	Quesadillas, nachos, cut veggies, bread, W, J, C, T	Sandwiches & leftovers for staff plus SALT (if in session) and campers waiting to be picked up
<b>Dinner</b>	Sub Sunday with subs, cold meats, cheese, sub toppings, cut veggies, soup, W, J, C, T Ice cream sandwiches	Pizza, garlic bread, Caesar salad, W, J, C, T Carrot cupcakes w/ cream cheese icing	BBQ Chicken, scalloped potatoes, grilled veggies, W, J, C, T Smores Pizza	Pulled beef on a bun, potato wedges, tossed salad, W, J, C, T Cupcakes-chocolate & vanilla	Spaghetti, garlic bread, Greek salad, W, J, C, T Mixed berry cobbler & whipped cream	Fried chicken, wedge fries, cheese biscuits, mixed veg, bread, W, J, C, T mixed chocolate & vanilla cake	Chicken fingers, fries, cut veggies, for staff plus SALT (if in session) W, J, C, T
<b>Snack</b>	Fruit social for Blast & Sizzle	N/A	N/A	N/A	N/A	Ice cream treats for cabin clean-up winners	N/A

### NOTES:

- ☑ Cut veggies always include three of celery, carrots, cucumber, broccoli, cauliflower, green peppers, red peppers, etc.
- ☑ Portion size: TNT =1, Blast = 1.25, Sizzle = 1.5, SALT = 1.5, Staff = 1.5
- ☑ Soups: mushrooms, tomato, potato/bacon, broccoli/cheese, beef, turkey, cream of fridge
- ☑ Pizza to include: plain, pepperoni, Hawaiian, deluxe (with meat & various toppings), vegetarian, etc.
- ☑ Loaded potatoes: chili, bacon, cheese (cheddar & feta), sour cream, green onions, red/green/yellow peppers, season salt, pulled pork, ham, hot peppers, salsa, tomatoes, hot sauce, BBQ sauce, etc.

## 2017 WIDJI MENU WEEK # 2

	<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>Breakfast</b>	Danish, cinnamon buns, 2 kinds of muffins, fruit bowl, cereal, toast, Milk, OJ, C, T, yogurt	Pancakes, sausage, syrup, fruit bowl, cereal, toast, Milk, OJ, C, T, yogurt	Scrambled eggs, bacon, hash browns, fruit bowl, cereal, toast, Milk, OJ, C, T, yogurt	Waffles, fruit sauce, syrup, fruit bowl, cereal, toast, Milk, OJ, C, T, yogurt	Build your own breakfast sandwich, fruit bowl, cereal, toast, Milk, OJ, C, T, yogurt	French toast, syrup, fruit bowl, cereal, toast, Milk, OJ, C, T, yogurt	Danish, turnovers, cinnamon buns, 2 kinds of muffins, fruit bowl, cereal, toast, Milk, OJ, C, T, yogurt
<b>Lunch</b>	NEW & FAST, brownies, water, juice, coffee, tea	Pogo's, potato chips, pasta salad, bread, water, juice, coffee, tea,	Taco Tuesday (beef), bread, Nacho chips, water, juice, coffee, tea	BBQ (hot dogs, hamburgers), chips, potato salad, veggies & dip, W, J, C, T	Chicken wraps, cut veggies, water, juice, coffee, tea, Chocolate chip	Fish & chips, Broccoli salad, bread, W, J, C, T	Sandwiches & leftovers for staff plus SALT (if in session) and campers waiting to be picked up
<b>Dinner</b>	Sub Sunday with subs, cold meats, cheese, various sub toppings, cut veggies & dip, soup, W, J, C, T Ice cream sandwiches	Mini pizzas, garlic bread, Caesar salad, water, juice, coffee, tea Molasses sugar cookies	Stir fry, chicken balls, rice, egg or spring rolls, bread, water, juice, coffee, tea Fortune cookies	Lasagne, Greek salad, garlic bread, water, juice, coffee, tea Oat Bars	Chicken pot pie, tossed salad, water, juice, coffee, tea Cinnamon Roll Cake	Roast chicken, mashed potatoes, broccoli & cauliflower mix, assorted rolls, W, J, C, T Strawberry short cake	Chicken fingers, fries, cut veggies, for staff plus SALT (if in session)
<b>Snack</b>	Fruit social for Blast & Sizzle	N/A	N/A	N/A	N/A	Ice cream treats for cabin clean-up winners	N/A

### NOTES:

- Cut veggies always include three of celery, carrots, cucumber, broccoli, cauliflower, green peppers, red peppers, etc.
- Portion size: TNT =1, Blast = 1.25, Sizzle = 1.5, SALT = 1.5, Staff = 1.5
- Soups: mushrooms, tomato, potato/bacon, broccoli/cheese, beef, turkey, cream of fridge
- Pizza to include: plain, pepperoni, Hawaiian, deluxe (with meat & various toppings), vegetarian, etc.
- Breakfast sandwich: ham, sausage, egg, cheese, on bagel, English muffin, croissant or biscuit

## 2017 WIDJI MENU WEEK # 3

	<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>Breakfast</b>	Danish, cinnamon buns, 2 kinds of muffins, fruit bowl, cereal, toast, Milk, OJ, C, T, yogurt	Scrambled eggs, bacon, hash browns, fruit bowl, cereal, toast, Milk, OJ, C, T, yogurt	Pancakes, sausage, syrup, fruit bowl, cereal, toast, Milk, OJ, C, T, yogurt	Waffles, fruit sauce, syrup, fruit bowl, cereal, toast, Milk, OJ, C, T, yogurt	Ham & cheese pinwheels, fruit bowl, cereal, toast, Milk, OJ, C, T, yogurt	French toast, syrup, ham, fruit bowl, cereal, toast, Milk, OJ, C, T, yogurt	Danish, turnovers, cinnamon buns, 2 kinds of muffins, fruit bowl, cereal, toast, Milk, OJ, C, T, yogurt
<b>Lunch</b>	BBQ (hot dogs, hamburgers), chips, potato salad, veggies & dip, W, J, C, T	Jambalaya, bread or rolls, salad bar, cut veggies	Taco Tuesday, grilled onions & peppers, Taco salad, nacho chips, bread, W, J, C, T	Chicken burgers, coleslaw, bread, water, juice, coffee, tea	Macaroni & cheese, hot dogs, tossed salad, bread, water, juice, coffee, tea,	Wraps (chicken), veg & dip, soup, bread, water, juice, coffee, tea	Sandwiches & leftovers for staff plus SALT (if in session) and campers waiting to be picked up
<b>Dinner</b>	Sub Sunday cold meats, cheese, sub toppings, cut veggies, soup, W, J, C, T Ice cream sandwiches	Pizza, garlic bread, Caesar salad, water, juice, coffee, tea, <b><i>Dessert TBD</i></b>	BBQ Chicken, Perogies, broccoli salad, W, J, C, T Poor Man's French pastry	Beef Tortellini, garlic bread, Greek salad, W, J, C, T Rice Krispie Squares	Loaded Poutine, tossed salad, W, J, C, T <b><i>Dessert TBD</i></b>	Roast beef, potatoes Romanoff, mixed veggies, assorted rolls, W, J, C, T Apple crisp	Staff Party @ Moose & Mumz at the end of each SALT session or chicken fingers & fries
<b>Snack</b>	Fruit social for Blast & Sizzle	N/A	N/A	N/A	N/A	Ice cream treats for cabin clean-up winners	N/A

### NOTES:

- ☑ Cut veggies always include three of celery, carrots, cucumber, broccoli, cauliflower, green peppers, red peppers, etc.
- ☑ Portion size: TNT =1, Blast = 1.25, Sizzle = 1.5, SALT = 1.5, Staff = 1.5
- ☑ Soups: mushrooms, tomato, potato/bacon, broccoli/cheese, beef, turkey, cream of fridge
- ☑ Pizza to include: plain, pepperoni, Hawaiian, deluxe (with meat & various toppings), vegetarian, etc.
- ☑ Loaded poutine: chili, bacon, cheese (cheddar & feta), sour cream, green onions, red/green/yellow peppers, season salt, pulled pork, ham, hot peppers, salsa, tomatoes, hot sauce, BBQ sauce, etc.