

**Sasamat Outdoor Centre  
Sample School Menus**

	<b>Breakfast</b>	<b>Lunch</b>	<b>Snack</b>	<b>Dinner</b>	<b>Snack</b>
Day 1	Pancakes Bacon or sausages Fruit Juice	Grilled cheese sandwich Veggie's slices Tomato soup	Granola Bars Juice	Oven roasted chicken Rice Corn Rolls Salad	Hot chocolate Tortilla chips salsa
Day 2	Scrambled eggs Hash browns Fruit Juice	Macaroni & cheese Vegetable sticks Buns	Special K bars Fresh fruit in season - sliced Juice	Burgers with all the trimmings French Fries Vegetables & dip	Hot chocolate Sun chips
Day 3	French Toast Sausages Fruit Juice	Sandwich Buffet • buns, wraps, bread • sliced meats • cheese • tuna • tomato, lettuce cucumber, red & green peppers,	Oatmeal cookies Fresh Fruit in Season - sliced Juice	Pasta spaghetti or penne Served with meat and white sauce Salad Garlic Bread or Buns	Hot Chocolate Bits and Bites
Day 4	Crepes or Sasamat Breakfast Buffet: Hot/Cold cereal Fruit Yogurt Granola Assorted baked goods	Pizza Variety of toppings	Fresh Fruit in season - sliced Camp made cookies	Vegetable Stir Fry (with or without meat) Served with Rice and spring rolls	Hot Chocolate Chips
Day 5	Pancakes Sausages Fruit	Chicken Caesar Wraps Vegetables & Dip	Fruit Juice Cookies	Lasagne Served with garlic Toast Caesar salad	

- Vegetarian alternatives can be arranged for each meal.
- Hot and cold Cereal for breakfast available upon request.
- Lunches and dinners are served with juice and milk (milk is served from the kitchen).
- Lunch and dinner meals are served with dessert.
- On cold days we serve soup along with the lunch menu..
- On cold days we would serve Hot chocolate for the afternoon snack at 3:00 pm.
- We don't usually serve sweet snacks after dinner, but marshmallows are available on request.
- Coffee and Tea set up all day for the teachers.
- Fresh fruit available in the evening.