

Gluten Free Menu

It's scary and difficult traveling when you have a special diet. We want to help you as much as we are able to within our budget. We have listed below some possible options from our menu that may work for you. (Please note: Group Mission Trips cannot guarantee that cooking surfaces or utensils have not been in contact with gluten, so the very best way to be safe is to bring food with you.)

Anything marked (*) may contain gluten additives, double-check with our camp staff about those.

Please scroll to the bottom to see more details about the gluten-free items we can provide at camp.

BREAKFAST

- Eggs*
- Sausage*
- Bacon*
- Yogurt
- Fruit
- Juice, milk, coffee, tea

LUNCH

- Lunchmeat*
- Peanut butter and jelly
- Cheese, tomatoes, lettuce, mayo, mustard
- Fruit or veggie options

DINNER

Salad bar each night except Wed: Mixed greens, carrots, hard boiled eggs, black beans, sliced turkey or ham*, Ranch and Italian dressing*..

Peanut butter and jelly available each night

Sunday: Gluten free pizza can be served

Monday: Vegetables and ice cream cups

Tuesday: Dinner on your own

Wednesday: Pulled Pork*, Vegetables

Thursday: Taco shells, tortilla chips, ground beef*, black beans, salsa, diced tomatoes, cheese, onions

Beverages: Lemonade or fruit punch

TO HELP OUR GLUTEN FREE PARTICIPANTS, WE CAN PROVIDE THE FOLLOWING:

- 1 loaf gluten free bread

- 1 package gluten free English Muffins
- 1 Gluten free pizza
- 1 box of gluten free pasta
- 1 jar of gluten free pasta sauce
- 1 box Gluten free mac n cheese
- 1 box of Cheerios
- Frito's Original Corn Chips and/or Mission Corn Chips

OTHER ITEMS WE RECOMMEND YOU BRING:

- Additional gluten free bread
- Fruit snacks/fruit leather
- String cheese
- Pepperoni
- Favorite granola bars

To help our gluten-free participants, we can provide the following Items at camp. If you let us know you'll be needing them, we can have the items below available at your camp. Quantities are limited and will need to be shared by all gluten free participants.

(Brands may differ per location.)

PROVIDED GLUTEN FREE ITEMS

To help our gluten free participants, we can provide the following items at camp. If you let us know you'll be needing them, we can have the items below available at your camp.
(Brands may differ per location.)



1.844.258.9616

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