

Sample Menu

(All meals are subject to change at any time)

BREAKFAST

- Participants will have one or more of the following options:
 - French toast, sausage, English muffins, eggs, cheese, biscuits and gravy, or bacon
 - Accompaniments (each day): Cereal, yogurt, toast, peanut butter, fruit, oatmeal, milk, coffee, and juice
 - Please note: Friday morning will be a continental breakfast.

LUNCH

Lunches are picnic style and at the work sites. There will be sliced ham or turkey for sandwiches, wheat bread, lettuce, tomatoes, cheese, chips, a fruit or vegetable, and a treat like a cookie or brownie. Peanut butter and jelly sandwiches will be available each day as well.

Beverages on the work site:

- Participants will need to fill the water bottles that they brought with them before they leave the lodging facility each day
- Each crew will bring a full 5-gallon water container with them to the project site to refill their own bottles

DINNER

Sunday: Pizza

Monday: Pulled pork, mac and cheese, vegetables, and dessert

Tuesday: DINNER ON YOUR OWN

Wednesday: Taco bar with flour tortillas, taco shells, tortilla chips, ground beef, black beans, lettuce, tomato, cheese, onion, sour cream, salsa, and dessert

Thursday: Pasta, marinara and alfredo sauce, vegetables, dinner rolls, and dessert

Salad bar available every night: Featuring mixed greens, carrots, hard-boiled eggs, black beans, croutons, sliced turkey or ham, and Ranch and Italian dressing

Beverages: Lemonade will be available

Dessert items may include: Ice cream cups, ice cream sandwiches, popsicles, or strawberry shortcake

If you have a participant who has to eat gluten-free, please let us know. We have a few gluten-free options, but we need to know in advance so that we

can ensure we have enough items available.

Please note that we have peanut butter on our menu.

Group Mission Trips (GMT) 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 Group Mission Trips' Sample Menu. They can see what will be served each day and decide what supplemental meals/snack items they'll need to bring.
 - If a participant must eat gluten-free, please let GMT know either by calling or via a message in the Special Notes section of the customer account before camp.
 - If a participant needs to bring supplemental 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 another designated storage area.
 - If the food allergy is severe, the youth leader should notify GMT either by calling or putting a message in the Special Notes section of the customer account before camp. Depending on the severity, the participant may need to be assigned to a crew with another person from their 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.
 - GMT staff will be able to provide ingredient information before each meal at camp. There will be signs posted in the cafeteria each day at camp that list vegetarian options, please see the next page for those.
 - If you have any questions, please feel free to call us at 844.258.9616.
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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
- Eggs

- English muffins
- Wheat toast and biscuits
- Oatmeal
- Yogurt
- Fruit
- Cereal
- Cheese
- Butter, jelly, and peanut butter
- Juice, coffee, and tea

LUNCH

- Bread
- Tortillas*
- Peanut butter and jelly
- Cheese, tomatoes, lettuce, mayo, mustard
- Chips
- Fruit or veggie options
- A variety of treats (like granola bars or cookies)

DINNER

Salad bar each night: Mixed greens, carrots, hard-boiled eggs, black beans, croutons, dressing (Ranch and Italian)

Peanut butter and jelly are available each night

Sunday: Cheese or veggie pizza

Monday: Macaroni and cheese, vegetables, and dessert

Tuesday: Dinner on your own

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

Thursday: Pasta, marinara sauce, alfredo sauce, side vegetable, and dessert

Beverages: Lemonade