

SAMPLE MENU

(All meals are subject to change at any time)

PLEASE NOTE: Food will be prepared by YOU and the other participants during the week.
There will be plenty to eat and it's going to be great! Think of it like a church potluck.

BREAKFAST

Participants will have one or more of the following options:

Waffles, sausage, English muffins, eggs, cheese, biscuits and gravy, ham

Accompaniments (each day): Cereal, yogurt, toast, peanut butter, fruit, oatmeal, milk, coffee and juice

Please note: Only cereal and toast available on the last morning

LUNCH

Lunches are picnic style and at the worksites. There will be: Sliced ham or turkey for sandwiches, wheat bread, lettuce, tomatoes, cheese, chips, a fruit or vegetable and a treat like a granola bar or cookie. Peanut butter and jelly sandwiches will be available each day too.

Beverages on the work site: Each participant should have a reusable water bottle for water

DINNER

Sunday: Pizza OR meal provided by local community

Monday: Meat and vegetable lasagna, side vegetable, dinner rolls, and ice cream cups

Tuesday: DINNER ON YOUR OWN

Wednesday: Chicken Tenders, mac and cheese, side vegetable, and strawberry shortcake

Thursday: Taco bar with flour tortillas, taco shells, ground beef, tortilla chips, black beans, lettuce, tomato, cheese, onion, sour cream, chunky salsa, and ice cream bars

Salad bar (every night except Thursday): Featuring mixed green, carrots, hard boiled eggs, black beans, croutons, sliced turkey or ham, and Ranch and Italian dressing

Beverages: Lemonade or fruit punch 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 we do have peanut butter on our menu.

FOOD RESTRICTIONS

Group Mission Trips understands that there are many 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.

HOW DIETARY RESTRICTIONS WILL BE HANDLED:

- If a participant has a food allergy or restriction, the Youth Leader should ensure that they are given GMT's Sample Menu so they can see what will be served each day and supplement meals/ food items as needed.
- If needed, the family or participant will be responsible for bringing their own food to accompany the meal that GMT has provided. There will not 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 or adult from their own group that knows about their food restriction/allergy. The participant needs to bring any associated medicine required (ie EpiPens). The participant should inform the rest of their work crew about their food restriction/allergy too, should an emergency arise.
- The participant 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.
- If you have any other 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 at camp.

BREAKFAST

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

LUNCH

Bread
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 except Thurs: Mixed greens, carrots, hard boiled eggs, black beans, croutons, dressing (Ranch and Italian)

Peanut butter and jelly available each night

Sunday: Meal provided by community so unknown

Monday: Vegetable lasagna, side vegetable, and ice cream cup

Tuesday: Dinner on your own

Wednesday: Macaroni and cheese, vegetables, and strawberry shortcake

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

Beverages: Lemonade or fruit punch