

# Menu Planning Guide

## Wisconsin Lions Camp

Use this guide to plan the menu for your group's event at Camp. Please read the following notes before continuing.

1. You must be an exclusive use group to choose your own menu.
2. Prices for meals are listed for adults (13 and up) and youth (4-12 years old). Children 3 years old and under may eat free when accompanied by a parent or guardian.
3. When planning your menu, please fill out our Menu Planning Form with the day and date, meal (breakfast, lunch, or dinner) followed by your menu choice(s) from each box for that meal, as well as any meal additions. See the example below:

Day, Date	Meal (B, L, D)	# of People	Entrée	Side 1	Full meals only	Light & full meals	Optional
					Side 2	Sweet	Addition(s)
Fri, March 6	D	45	Cheese ravioli	Garlic toast	Green beans	Dessert	
Sat, March 7	B	51	French toast	Sausage links			Yogurt & granola
	L	51	Grilled cheese sandwich	Tomato soup		Fresh fruit	

4. We are able to accommodate a variety of special diets. Please review page 6 of this guide for more information.
5. **In order to make sure we are able to prepare food to meet your group's needs, we will need your final numbers, menu choices, and any special dietary needs at least two weeks prior to your event.**
6. Please note that a menu choice may be substituted for a similar option based on availability.
7. Consult the Pricing Guide for snack, platter, beverage, and meal addition options and pricing.

Contact your Lions Camp host if you have questions about planning your menu.

# Build a hot breakfast meal

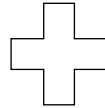
\$7.00/adult

\$5.75/youth

Hot breakfast meals include your choice of entrée and meat. Fruit, cold cereal, and beverages are included.

## Choose one entrée:

- Scrambled eggs and hash browns
- Cheese omelets and hash browns
- French toast
- French toast sticks
- Pancakes
- Waffles



## Choose one side:

- Bacon
- Canadian bacon
- Sausage links

## Included items:

### Beverages

- Ice water
- Apple and orange juice
- 1% Milk
- Coffee
- Tea

### Cold cereals

- Corn flakes
- Toasted oats
- Crisp rice
- Fruit or apple whirls

### Fruit

- Fresh or canned fruit based on availability

## Optional additions:

Add one or more of the following options to any breakfast. See Pricing Guide.

- Yogurt and homemade granola
- Hard-cooked eggs

# Continental breakfast

\$6.00/adult

\$5.00/youth

## Included items:

- Assorted pastries
- Bagels and cream cheese
- Cold cereals
- Hard-cooked eggs
- Yogurt
- Fruit
- Beverages

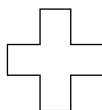
# Build a light meal

\$8.00/adult  
\$6.50/youth

Light meals can be served for either lunch or dinner. They include your choice of entrée, side, and a sweet. Beverages are included.

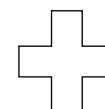
## Choose one entrée:

- Grilled cheese sandwich
- Grilled chicken sandwich
- Meatball marinara sub
- Sloppy joe on a bun
- Shredded beef on a bun
- BBQ pulled pork on a bun
- Choice of hamburger and/or hot dog on a bun
- Chicken tenders
- Choice of sausage, pepperoni, or cheese pizza
- Baked potato bar<sup>1</sup> with choice of shredded beef or BBQ pulled pork



## Choose one side:

- Baked beans
- Broccoli
- Broccoli, cauliflower, and carrot blend
- Corn
- Green beans
- Peas and carrots blend
- Tomato soup
- Tossed side salad<sup>2</sup>
- Au gratin potatoes
- Mashed potatoes with gravy
- Twice baked potato
- Tater tots
- Potato chips
- Sweet potato fries
- Garlic breadsticks



## Choose one sweet:

- Dessert (*cook's choice*)
- Fresh fruit (*varies based on availability*)

## Included beverages:

- Ice water
- 1% Milk
- Coffee
- Tea

<sup>1</sup>Baked potato bar includes sour cream, butter, and shredded cheddar cheese toppings

<sup>2</sup>Tossed side salad includes croutons, shredded cheddar cheese, and ranch and French dressings on the side

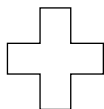
# Build a full meal

\$9.00/adult  
\$7.50/youth

Full meals can be served for either lunch or dinner. They include your choice of entrée, two sides, and a sweet. Beverages are included.

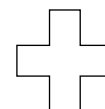
## Choose one entrée:

- Honey battered chicken\*
- Chicken cordon bleu\*
- Breaded chicken stuffed with broccoli and cheese\*
- Shredded beef with gravy\*
- Baked cod loin\*
- Potato crusted cod\*
- Hamburgers with choice of hot dog or bratwurst on a bun
- Taco bar<sup>1</sup>
- Stuffed shells in marinara sauce
- Choice of beef, cheese, or mushroom ravioli in marinara sauce
- Pasta with marinara sauce and meatballs
- Chicken alfredo pasta



## Choose two sides:

- Baked beans
- Broccoli
- Broccoli, cauliflower, and carrot blend
- Corn
- Green beans
- Peas and carrots blend
- Tossed side salad<sup>2</sup>
- Au gratin potatoes
- Mashed potatoes with gravy
- Twice baked potato
- Tater tots
- Potato chips
- Corn chips
- Sweet potato fries
- Garlic breadsticks
- Garlic toast
- Spanish rice
- Wild rice blend



## Choose one sweet:

- Dessert (*cook's choice*)
- Fresh fruit (*varies based on availability*)

## Included beverages:

- Ice water
- 1% Milk
- Coffee
- Tea

\*Includes dinner rolls

<sup>1</sup>Taco bar includes ground beef taco meat, refried beans, tortillas, shredded lettuce, shredded cheddar cheese, salsa, and sour cream

<sup>2</sup>Tossed side salad includes croutons, shredded cheddar cheese, and ranch and French dressings on the side

# Meal additions

See Pricing Guide

## Soup or chili:

- Beef chili
- Vegetarian chili
- Black bean soup
- Broccoli and cheese soup
- Chicken noodle soup
- Tomato soup

Soup or chili can be added on to any light or full meal.

## Salad bar:

Includes lettuce, spinach, carrots, bell peppers, broccoli, cauliflower, cucumbers, onion, grape tomatoes, shredded cheddar cheese, cottage cheese, hard-cooked eggs, bacon bits, croutons, and ranch and French dressing. Selection may vary based on availability.

Salad bar can be added on to any light or full meal. Please note that salad bar may be unavailable October-March; however, tossed salads are available as a side option year-round.

## Picky eater items:

- Bread, butter, peanut butter, and jelly (regular and sugar-free)
- Bagels and cream cheese (plain and blueberry bagels; others as available)

Picky eater items can be added to any breakfast, light, or full meal.

# Special Diet Accommodations

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We require the group's numbers for each meal two weeks prior to the dates of rental. We ask that all special dietary needs are communicated to your Camp Host by that time. If your group's special dietary needs are not received by this deadline, we cannot guarantee we will have the appropriate ingredients and/or staffing available in order to accommodate special diets.

Below are the diets we can accommodate and the follow-up questions we need answered in order to provide those special diet options.

- **Vegetarian or semi-vegetarian** (Does not consume meat, poultry, and/or seafood)
  - **Please specify: no beef, no pork, no poultry, and/or no seafood**
- **Vegan** (Does not consume animal products of any kind, including meat, poultry, seafood, eggs, dairy products, etc.)
- **Lactose intolerant**
  - **Please specify if accommodations other than non-dairy milk are needed** (e.g. no cheese on pizza)
- **Food allergy or intolerance**
  - **Please specify allergen(s) and the sensitivity to the allergen as listed below:**
    - **Cannot consume the allergen on its own or as an ingredient and cannot be in contact with the allergen, even in trace amounts** (e.g. peanuts. Cannot have food that was processed in a facility that also processes peanuts)
    - **Cannot consume the allergen on its own or as an ingredient, but can be in the same area with the allergen** (e.g. peanuts. Can have food that was processed in a facility that also processes peanuts)
    - **Cannot consume the allergen on its own, but can consume the allergen as an ingredient in baked goods** (e.g. eggs. Cannot eat scrambled eggs, but can have eggs baked in a cake)
    - **Can eat the food item, but it gives digestion-related symptoms such as stomach upset**
- **Gluten-free**
  - **Please specify if it is celiac disease and must be completely free of gluten, or if it is a non-celiac gluten sensitivity and needs to avoid gluten as much as possible**
- **Diabetic diet**
  - **Please specify what accommodations are needed** (e.g. list of carb counts at meals, lower carbohydrate alternatives for meals, etc.)
- **Other diet not listed**
  - **Please specify the diet** (we may or may not be able to accommodate other diets not listed)

All special diet requests will be reviewed by our Food Service Supervisor. If a special diet request cannot be accommodated, we will notify you as quickly as possible.



