

2013 Goshen Scout Reservation Patrol Cooking Menu

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Bacon & Eggs Cereal (3oz) Milk (1) – Juice (1) Scrambled Eggs (2 eggs) Bacon (3) Toast (2 slices) Butter (2) Fruit	Sausage & Eggs Cereal (3oz) Milk (1) – Juice (1) Eggs (2) Turkey Sausage (3) Fruit Bread Yogurt (1)	French Toast Cereal (3oz) Milk (1) – Juice (1) French Toast (2 eggs + Cinnamon) Syrup (1) Bacon (3 slices) Butter (2) Fruit	Corn Beef Hash Cereal (3oz) Milk (1) – Juice (1) Toast (2 slices) Butter (2) Eggs (2) Corn Beef Hash (4oz) Fruit Yogurt (1)	Han & Cheese Omelet Cereal (3oz) Milk (1) – Juice (1) Ham (1.5 oz) & Cheese (2 slices) Omelet (2 eggs) Hash Browns (4oz diced) Fruit	Pancakes Cereal (3oz) Milk (1) – Juice (1) Pancakes (3) w/ Syrup (1) Butter (2) Bacon (3) Fruit	Continental Breakfast Milk Juice Bagels Fruit Muffins
Lunch	Turkey Sub Turkey (3oz) Cheese (2 slices) Sub Roll (1) Lettuce, Tomato Chips (1) Fruit Bug Juice	Roast Beef Sandwich Roast Beef (3oz) Cheese (2 slices) Lettuce, Tomato Carrots (3) w/ Dip Chips Fruit Bug Juice	Italian Sub Salami (2oz), Ham (2oz), Cheese (2), Lettuce (1) Carrots w/ Dip Cheese Crackers Fruit Bug Juice	Grilled Chicken (cold) Sandwich Chicken Breast (5oz) Lettuce, Tomato, Cheese (2) Chips (1) Fruit Roll Up (1) Bug Juice	Turkey Sub Turkey (3oz) Cheese (2 slices) Sub Roll (1) Lettuce, Tomato Chips (1) Fruit Bug Juice	Ham & Cheese Sandwich Ham (3oz) and Cheese (2) Sandwich Bread Cheese Crackers (1) Fruit Bug Juice	
Dinner	Spaghetti w/ Meatballs Spaghetti (1/4lb) Meatballs (5) Sauce (4oz) Garlic Bread Salad w/ Dressing Bug Juice Cookies (2)	Chicken Tenders Chicken Tenders (2) BBQ / hot sauce Baked Potatoes Bread (1) w/ Butter Salad w/ Dressing (1) Bug Juice (1) Pound Cake (1)	Tacos Tacos (2) (Ground Beef, Seasoning, Taco Shells), Lettuce Tomatoes, Cheese, Salsa Beans & Rice Apples(4oz) and cake mix for cobbler	Fried Ham Macaroni Cheese Ham Steak (4oz) Roll w/ Butter (1) Bug Juice (1) Salad w/ Dressing Chocolate Pudding (1)	Roast Beef Dinner Roast Beef (5oz) Red Potatoes (1) Carrots Salad w/ Dressing Rolls w/ Butter (1) Bug Juice Pound Cake (1)	Chicken Breast Sandwich Chicken Breast (1) American Cheese (2) Bun (1) Pasta Salad (4oz) Chips (1) Bug Juice Brownie (1)	Hot Dogs BUFFET MEAL Hot Dogs (2) Baked Beans (4oz) Chips Watermelon Bug Juice