



MENU FOR OUR WEEKEND

* SPECIAL DIETARY NEEDS: * If you have any special dietary needs, please contact Sue Warren. If you plan to eat any portion of a meal, you must pay the full price of that meal.

NOTE! Camp Gifford is making special effort this year to accommodate special dietary needs. For GF, Dairy & Egg Free & Food-Additive restrictions, **THOSE WHO NOTIFY SUE WARREN (2 WEEKS IN ADVANCE) WILL BE GIVEN SPECIAL CARDS TO BE TURNED IN AT EACH MEAL. THE STAFF WILL THEN EITHER PROVIDE YOU WITH ALTERNATIVES FROM THE MENU AND/OR INFORM YOU WHAT TO AVOID. THIS SERVICE WILL ONLY BE AVAILABLE FOR THOSE WHO HAVE SIGNED UP IN ADVANCE.**

SOME SUGGESTIONS TO KEEP IN MIND:

We wish we could accommodate all the special dietary needs that you may have. But due to budgetary restraints we cannot customize our menu. Please keep in mind the following:

- * You may need to provide some of your special dietary needs yourself. This may include diabetic snacks, fruit . . . whatever you may need to supplement our menu
- * We will have a special table that will include a small refrigerator and microwave to accommodate foods you may need to prepare.

Contact Info:

Sue Warren
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WEEKEND MENU

FRIDAY DINNER:

Lemon Pepper Chicken
Rice
Salad
Steamed Fresh Broccoli

SATURDAY BRUNCH:

Egg Burrito (Flour & Corn tortillas)
Minced fried veggies (on the side)
Fruit

SATURDAY DINNER:

Roast Beef *
Herb-roasted potatoes
Spinach Salad
Speciality vegetable dish
Green Beans
Bread
Speciality desserts (including GF)

SUNDAY BREAKFAST:

Scrambled Eggs *
Hash browns
Turkey bacon

SUNDAY LUNCH:

Deli Buffet
GF bread
GF dessert

* substitute will be available