Adult Mini-Camp 2024

The A/U Ranches wish to meet the dietary needs of our participants and makes reasonable accomadations for participants with food allergies and special diet restrictions including providing limited options that are:

V=Vegetarian / V+=Vegan (Plant-Based) / DF=Dairy-Free / GF=Gluten-Free / NF=Nut-Free

Plant-Based Beverage Options are available at all meals

The following major food allergens are used as ingredients:

Milk, Egg, Fish, Crustacean Shellfish, Tree Nuts, Peanuts, Wheat, Soy, and Sesame.

Please ask Head Cooks for more information about these ingredients.

		Sunday - August 18	Monday - August 19	Tuesday - August 20	Wednesday - August 21	Thursday - August 22	Friday - August 23	Saturday - August 24	Sunday - August 25
BREAKFAST	1 - Bread/Starch 2 - Protein/Meat 3 - Vegetable 4 - Options GF/DF/V+ 5 - Saute	MEAL COUNT 0 MEAL TIME KITCHEN CLOSED 1 2 3 4 5	MEAL COUNT 30 MEAL TIME 8:00 TBD - Staff 1 2 3 4 5 Fruit/Granola/Yogurt Sautee	MEAL COUNT 73 MEAL TIME 8:00 Monte Cristos 1 Monte Cristos 2 Egg & Cheese (Veg) 3 Country potatoes 4 5 Fruit/Granola/Yogurt Sautee	MEAL COUNT 69 MEAL TIME 8:00 Huevos rancheros 1 Huevos rancheros 2 Chorizo 3 Veggie chorizo 4 5 Fruit/Granola/Yogurt Sautee	MEAL COUNT 67 MEAL TIME 8:00 Eggs & Potatoes 1 Cheesy potatoes 2 Eggs over 3 Bacon/Veg Bacon 4 5 Fruit/Granola/Yogurt Sautee	MEAL COUNT 56 MEAL TIME 8:00 French Toast 1 French Toast 2 Sausage links 3 Veggie sausage 4 Scrambled eggs 5 Fruit/Granola/Yogurt Sautee	MEAL COUNT 58 MEAL TIME 8:00 Biscuits & Gravy 1 Biscuits 2 Gravy (Sausage & Plain) 3 Sausage patties 4 Veg/ V+ option 5 Fruit/Granola/Yogurt Sautee	MEAL COUNT 58 MEAL TIME 8:00 Cinnamon Rolls 1 Cinnamon Rolls 2 Cheesy eggs 3 Bacon/Veg Bacon 4 Fruit/Granola/Yogurt 5 Sautee
LUNCH	1 - Starch 2 - Protein/Meat 3 - Vegetable 4 - Options GF/DF/V+ 5 - Bread	MEAL COUNT 0 MEAL TIME KITCHEN CLOSED 1 2 3	MEAL COUNT 38 MEAL TIME 12:3 Soup & salad self serve - Staff 1 2 3	MEAL COUNT 60 MEAL TIME 12:3 Soup & salad self serve 1 2 3	MEAL COUNT 56 MEAL TIME 12:3 Soup & salad self serve 1 2 3	MEAL COUNT 56 MEAL TIME 12:3 Cookout 1 TBD 2 3	MEAL COUNT 57 MEAL TIME 12:3 Soup & salad self serve 1 2 3	MEAL COUNT 59 MEAL TIME 12:3 Soup & salad self serve 1 2 3	MEAL COUNT 0 MEAL TIME KITCHEN CLOSED 1 2 3
DINNER	1 - Starch 2 - Protein/Meat 3 - Vegetable 4 - Options GF/DF/V+ 5 - Bread	MEAL COUNT 0 MEAL TIME KITCHEN CLOSED 1 2 3 4 5	MEAL COUNT 75 MEAL TIME 6:00 Arrival Meal-Lasagna 1 Beef lasagna 2 Veggie lasagna 3 Garlic breadsticks 4 Squash & Zucchini 5 Vegan lasagna	MEAL COUNT 74 MEAL TIME 6:00 Baked Potato Bar 1 Baked Potato 2 Shredded chicken 3 Tofu 4 Broccoli 5 Cheese & Sour cream	MEAL COUNT 70 MEAL TIME 6:00 Taco Bar 1 Tortillas 2 Taco beef 3 Veggie taco protien 4 Chips 5 Cheese, Salsa, Guacamole	MEAL COUNT 58 MEAL TIME 6:00 Fried Chicken 1 Fried Chicken 2 Mashed potatoes 3 Green beans 4 Veggie chicken 5 Cornbread	MEAL COUNT 62 MEAL TIME 6:00 Pork Verde Fries 1 Pork verde 2 Tofu verde 3 Peppers, onions, corn 4 Chips 5 Fries	MEAL COUNT 62 MEAL TIME 6:00 Surf & Turf 1 Steak 2 Shrimp 3 Seitan 4 Asparagus 5 Roasted potatoes Cheddar biscuits	MEAL COUNT 0 MEAL TIME KITCHEN CLOSED 1 2 3 4 5
Dessert/Evening Program Food:		Mile High Apple Pie Ala Mode	Italian Creme Cake	Pecan brownies	Sopapillas	Strawberry Shortcake	Key lime pie	Ice Cream Social	
Crew Needs & Start Times									
Kitchen Notes									