

Tu B'Shevat Menu for Camp Cazadero 2016

| Time | Friday | Saturday | Sunday |
|-------------|--|--|--|
| 7 - 9 am | | Early bird breakfast bar: cereals, hard boiled eggs, homemade plum challah, hummos, cut veggies, jam, and homemade fruit Scones. Also unsweetened juice and milk | Early bird breakfast bar: hard boiled eggs, left over challah, light whole wheat toast, , jam, homemade fruit scone, unsweetened juice, milk, & cereals |
| 9 – 10 am | | Hot breakfast: what is uneaten from the list above plus french toast made from homemade plum challah, & oatmeal | Hot breakfast: what is uneaten from the list above plus scrambled eggs with non-spicy, turkey saugage and vegetables |
| 1 - 2 pm | | Lunch: barley pumpkin stew and sandwich bar with homemade plum challah, unsweetened grape juice, unsweetened cold douglas fir needle tea & fruit. (hikers will make a sack lunch to go) | Lunch: black bean soup with & lemon and freshly picked camp caz bay leaves, salad bar (like Friday night), unsweetened fruit juice & unsweetened cold douglas fir needle tea, & fruit |
| 6 – 7 pm | <p>7:30 – 8:30 Dinner: lemon herb chicken with camp caz freshly picked douglas fir needle (tastes like tangerine) infused couscous, salad bar consisting of:</p> <ul style="list-style-type: none"> - raisins, and nuts -romaine lettuce -spinach -tomatoes -cucumbers -mushrooms -carrots -olives -croutons -italian dressing -ranch dressing -oil and vinegar <p>cinnamon raisin challah, unsweetened grape juice & unsweetened cold douglas fir needle tea</p> | Dinner: turkey, broccoli with baked lemon, sweet potatoes with roasted apples cinnamon, nutmeg and pecans, corn bread, unsweetened fruit juice & unsweetened cold douglas fir needle tea | Dinner: chicken with pineapple with camp caz freshly picked douglas fir needle infused rice, salad bar (like Friday night) turtle bread, & unsweetened fruit juice, unsweetened cold douglas fir needle tea, chef 's surprise chocolate fruit cookie or bar & plain baked apples with raisins no added sugar |
| 10:00:00 PM | chocolate chip oatmeal raisin cookies & bananas | banana bread and Tu B'shevat fruit salad (with 15 tree fruits & nuts and no sugar added) | |