CA Staff Training Menu at China Camp State Park

Meals will start with dinner on Saturday 5/28/22 and continue through breakfast on Friday 6/3/22. All meals will have vegetarian substitutions available for those who signed up for the vegetarian meal package.

Breakfast

Rotates daily between the below options (some meals will repeat). accompanied with yogurt, granola, fruit, coffee/tea/hot cocoa:

1. **Bagels and Cream Cheese, Oatmeal with Fruit**
2. **Vanilla-Cinnamon French Toast:** french toast, maple syrup, cool whip
3. **Sweet Potato Breakfast Hash:** eggs, bacon, cheese, spinach, sweet Potato, bell pepper, onion
4. **Apple Spiced Pancakes**
5. **Breakfast Burritos:** eggs, bacon, cheese, tortillas, veggies
6. **Sausage and Egg Sandwiches:** english muffins, eggs, cheese, sausage, veggie sausage

Snacks

Goldfish crackers, pretzels, granola bars, fruit (apples/bananas/etc.), etc.

Lunch

A pack-your-own-lunch station will be available at breakfast each day with bread, lunch meat, condiments, toppings, PB&J, chips, granola bars, and fruit

Dinner

Rotates daily between the below options (some meals will repeat):

1. **Fajitas:** flour or corn tortillas, chicken breast strips, peppers/onions, black beans, cheese, salsa, sour cream, guac, hot sauce, tortilla chips, salad.
2. **Pasta Night:** pasta, marinara sauce or pesto, sausage, TVP (optional), parmesan cheese, salad bar, and garlic bread.
3. **Stir Fry:** chicken or tofu strips, stir-fried veggies, rice, and stir fry sauce.
4. **Rice Bowls:** Rice, chicken or tofu, beans, mixed greens and veggies, avocado, and various dressings.
5. **Mega Mac:** macaroni, cheese, chicken, broccoli, chives, salad
6. **All American Cook Out:** hot dogs, burgers, veggie burgers, cheese, lettuce, buns, condiments, baked beans, salad