

Camp Saginaw
Philadelphia Folk Song Society
October 2-4, 2009

This menu is not FINAL !

Changes to timing and/or selections will occur since we are still working with the camp to fine-tune it for our attendees. We just wanted to give you an idea sooner than later of what you can expect.

	Friday 10/2	Saturday 10/3	Sunday 10/4
Breakfast		8:00 – 9:00 Hot & Cold Cereal	8:00 – 10:00 Hot & Cold Cereal
		9:00 – 10:00 French Toast Syrup Margarine Jelly Fresh Fruit OJ, Milk, Coffee, Tea Hot Chocolate	10:00 – 12:00 Eggs Hash Browns Bagels Cream Cheese Sliced Tomato, Onion, Cucumber and cheese Sliced Oranges PB&J OJ, Milk, Coffee, Tea Hot Chocolate
Lunch		1:00 – 2:00 Hamburgers Veggie Burgers Hot Dogs Hot dog & Hamburger rolls Sliced Cheese, tomato, onion & lettuce Potato Chips Cole Slaw Tossed Salad, Fresh Fruit Veggie Baked Beans Ketchup, Mustard, Relish PB&J Ice Sticks Water, Juice, Coffee, Tea Hot Chocolate	
Dinner	7:30 – 9:30 Lasagna / Baked Ziti Plain Pasta Marinara Sauce Garlic Bread Green Beans Salad Bar & Fresh Fruit Margarine PB&J Cookies Water, Juice, Coffee, Tea Hot Chocolate	6:00 – 7:00 Chicken Fajitas Sautéed peppers & onions Refried Beans Wraps Salsa, Sour Cream, Cheddar Cheese, Chopped Tomato, Chopped Onion & Lettuce Tortilla Chips Salad Bar Choc. Cake Water, Juice, Coffee, Tea Hot Chocolate	5:30 – 6:30 Baked Chicken Veggie Burgers Mashed Potatoes String Beans Dinner Rolls Salad Bar Margarine Fresh Fruit PB&J Ice cream dixie's w/ choc sauce Water, Juice, Coffee, Tea Hot Chocolate
Midnight Snack		Pizza	