

TN - Camp Nakanawa - Junior Camp Menu 2026

		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Date:		May 31	June 1	June 2	June 3	June 4	June 5	June 6
Meal Count		38	67	67	67	67	67	67
Breakfast	Main	Opening Day --7:30 Staff Only -- Nakanawa Coffee Cake, Scrambled Eggs, Coffee Cake/ GF muffin or GF Coffee Cake	Cold Cereal Scrambled Eggs	French Toast and GF French toast w/ Syrup & Fruit Toppings, butter	Scrambled eggs, hashbrown patty, Toast/GF toast	FREE DAY --- Baked Apples	Cinnamon Rolls and GF Cin Rolls & Cheesy Scrambled Eggs	Muffins/ Donuts/ Bagels / Toast Bar
	Sides	Bacon, applesauce, cantaloupe	Bacon, Veg Bacon, Toast, GF Toast, Fresh Fruit, Jelly, Butter	Scrambled Eggs, Bacon, veg bacon, Fresh Fruit	Sausage, Veg sausage, Fresh Fruit, Butter, Jelly	Sausage Patties, veg sausage patties, Grits, Biscuits/ GF Biscuits, butter, jelly, honey	Bacon, Sausage/Veg Sausage and Bacon, Fresh Fruit	Scrambled Eggs, Breakfast Tots, Sausage Links & Bacon, Veg Sausage links, butter, Jelly, Cream Cheese
		Coffee, Tea, Milk & Juice	Coffee, Tea, Milk & Juice	Coffee, Tea, Milk & Juice	Coffee, Tea, Milk & Juice	Coffee, Tea, Milk & Juice	Coffee, Tea, Milk & Juice	Coffee, Tea, Milk & Juice
Meal Count		38	67	67	67	67	67	67
Lunch	Lunch (Main)	11 am Staff Deli Sandwiches Buffet - served by kitchen	Chicken Tenders	Beef tacos with corn shells	Hamburgers, Buns	Buffet Grunch Lunch - Counselor Serve	Pizza -- Cheese, Veggie, Pepperoni or Sausage	Spaghetti with marinara & meat sauce
		turkey, ham, wraps, PBJ, LTOP, Sliced Cheese,	Assorted Dipping Sauces	Corn Tortilla Chips, Guac, Sour Cream, Salsa, Nacho Cheese		Bread and Wraps, Sliced Deli Meats, LTOP, Sliced Cheese, Peanut Butter & Jelly, Sunbutter		Bread Sticks
	Side (Lunch)	mayo, mustard, ranch, chips, sunbutter	mac n cheese, carrot dippers, apple slices	Black Beans, Black Olives, yellow rice	French fries, Baked Beans, Sliced Cheese, corn on the cob	Apples, Chips, Mayo, mustard, Ranch	Carrots & Celery Sticks / Ranch Dippers	peas, watermelon
	Salad Bar (Lunch)	Salad Bar	Caesar salad	Lettuce, Tomato, Pico	Lettuce, Tomato, Onion	Full Salad Bar	Caesar Salad	Garden salad
		Water and pink lemonade	Water and Fruit Punch	water and yellow Lemonade	Water and grape punch	Water and lemonade	Water and Cherry punch	Water & Fruit Punch
	Lunch (Dessert)	Vanilla Cake w/ Frosting or GF/DF Cake & Frosting with icecream - cake servings should be larger	Giant chocolate chip cookies/ GF cookies	Chocolate Cake w/ Frosting or GF Chocolate Cake w/ GF /DF Frosting	Chocolate Pie	Cookies	Spice Cake	brownies
	Subs	DF Cheese, Tofurkey, GF Bread	GF Chickent tenders / Veg option/ GF mac n cheese	Meatless taco meat	GF Buns, Veg Bean Burgers, GF Crustless Choco Pie	Tofurkey, GF Bread, GF Wraps	GF Crust, GF Spice Cake, DF Cheese	GF spaghetti, GF Bread Sticks, GF Brownies
Meal Count		67	67	67	67	67	67	62
Dinner	Dinner (Main)	First Camper Meal - Spaghetti with marinara and meatsauce	Hawaiian Chicken	Grilled chicken Pasta Alfredo	Lasagna (meat/cheese)	Sweet and Sour Chicken	Roast Beef	6pm --Cookout -- Counselor Serve - Hamburgers and Hot Dogs
			w/ Pinapple & Teriyaki					Lettuce, Tomato, Onion, Pickles, Cheese Slices, mayo, mustard ketchup, ranch
	Sides (Dinner)	Pasta, Cheese, Broccoli	Rice, Carrots	roasted broccoli	Green beans	Fried Rice, Stir Fried Veggies, Veggie Egg Rolls	Onion Rings, Green Beans, Mashed Potatoes, squishy rolls	Baked Beans, bagged Chips
	Salad (Dinner)	Garlic Texas Toast		breadsticks	Garlic Texas Toast			
		Caesar salad	Garden salad	Garden salad	Caesar salad		Frozen Fruit Salad	Cole Slaw
	Water and pink lemonade	Water and Fruit Punch	water and yellow Lemonade	Water and grape punch	Water and Lemonade	Water & Fruit Punch	Water and grape punch	
Subs	GF Pasta & Bread/ DF Cheese	Grilled Chicken, DF Rice & Carrots	GF Pasta & Bread/ DF Cheese, Veg Meatless Option	GF Garlic Toast, GF Lasagna	Meatless Beef, Tamari (Soy Free Teriyaki), GF rice, GF egg rolls	GF Rolls, Veg --Grilled Portabella, DF Cheese	Veggie Burgers and Dogs, GF Buns	
Notes		Meals at 7:30, 1:00, 6: 30 unless Noted.				NOTE: Kitchen Off after breakfast and Grunch are prepared Until Dinner prep.		Cookout needs: paper plates, utensils, serving pans, serving utensils---- Kitchen Off after lunch and Cookout is prepared for outside transport.

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		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Date:		June 7	June 8	June 9	June 10	June 11	June 12	June 13
Meal Count		62	62	62	62	62	62	
Breakfast	Main	7:30 Buffet ---Pancake Breakfast/ GF Pancakes -- Campers come in PJs through the line. Last call is 8:15.	Nakanawa Coffee cake/ GF coffee cake, scrambled eggs	Scrambled eggs, blueberry muffins, GF Muffins, bacon, veg bacon	FREE DAY -- Baked Apples	Breakfast Tacos w/ Eggs, Cheese, Bacon/Ham or Sausage Crumbles all served seperate, Veg Sausage	Oatmeal & Yogurt Bar w/ Assorted Toppings (Cut Fruit, Dried Fruit, Granola), Cereal/GF Cereal , toast/GF toast	
	Sides	syrup, link sausage/link, fruit, butter	Bacon, Veg bacon, applesauce, cantaloupe, butter	Breakfast Potatoes, Fresh Fruit	Sausage Patties/bacon, veg sausage patties, Grits, Biscuits, GF Biscuits, butter, honey, jelly	Salsa & Sour Cream, Hashbrown Tots, flour and corn tortillas	Bacon, veg bacon, Fresh Fruit, butter, jelly	
		Coffee, Tea, Milk & Juice	Coffee, Tea, Milk & Juice	Coffee, Tea, Milk & Juice	Coffee, Tea, Milk & Juice	Coffee, Tea, Milk & Juice	Coffee, Tea, Milk & Juice	Coffee, Tea, Milk & Juice
Meal Count		62	62	62	62	62	120	
Lunch	Lunch (Main)	Fried chicken, rice and gravy, cornbread muffins	Chinese chicken stir fry with mixed vegetables	Fajitas with corn/flour tortillas, pepper/onions, chicken (separate peppers/onions from chicken)	Grunch - turkey, ham, wraps, PBJ, LTOP	Chicken Tenders	1 pm Parent Buffet Lunch	
	Side (Lunch)	Oven roasted broccoli	fried rice, GF rice	black beans, yellow rice	Mayo, mustard, Ketchup, Ranch	Assorted dipping sauces	Roast Beef	
	Salad Bar (Lunch)	Water and pink lemonade Garden salad	Water and Fruit Punch garden salad	water and yellow Lemonade garden salad	Water and grape punch Garden salad	Water and Peach punch Garden salad	Water and Cherry punch Frozen Fruit Salad	
	Lunch (Dessert)	Water and pink lemonade traditional frosted cake with ice cream/ GF cake	Water and Fruit Punch Giant chocolate chip cookies	water and yellow Lemonade churros, GF option	Water and grape punch Cookies/ GF cookies	Water and Cherry punch banana pudding	Water and Pink Lemonade Brownies	
	Subs	GF chicken, GF cornbread	Meatless stirfry	Meatless fajitas	GF Bread	GF chicken tenders/ V chicken tenders	GF rolls, Veg Grilled Portobello Mushrooms, DF Cheese, GF brownies	
	Meal Count		62	62	62	62	62	
Dinner	Dinner (Main)	Grunch - Counselors Serve Deli turkey, ham, wraps, PBJ, LTOP, Sliced Cheese,	Meatloaf Gravy	Grilled chicken alfredo Penne pasta	6pm start - Counselor Serve Hamburgers hot dogs, buns, cheese slices	Lasagna (meat/cheese)	Dinner In Senior	
	Sides (Dinner)	mayo, mustard, ranch, chips, sunbutter	Mashed Potatoes, Mixed Vegetables	roasted carrots, garlic knots	lettuce tomatoes pickles onions baked beans cole slaw, assorted bagged chips, mayo, must, ket, ranch	green beans, texas toast peaches, Cottage Cheese		
	Salad (Dinner)	Salad Bar	Dinner Rolls Garden salad	Garden salad		Caesar salad		
	Subs	Water and pink lemonade GF Bread	Water and Fruit Punch GF Meatloaf/ GF Bread, Veg Meatless option	water and yellow Lemonade GF Garlic Bread, GF chicken, GF pasta, Veg option	Water and grape punch GF buns, Veggie burgers and dogs	Water and Cherry punch GF Lasagna, GF Bread, GF Caesar Salad		
		Cookies						
Notes		dessert is served with lunch --- Kitchen off after lunch is cleaned up and Grunch is prepped.	small salads on junior side, mainly for counselors	Chicken and pasta separate--- Popsicles for HoDown after Dinner (approx 55)	NOTE: Kitchen Off after breakfast and Grunch & Cookout are prepared.	Aides Party at Milk Break: Brownies, Ice Cream Cups, Sodas(Coke, DP, DC, Sprite)		