

TN – Camp Nakanawa – Senior Camp Menu 2026

		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Date:		June 14	June 15	June 16	June 17	June 18	June 19	June 20	
Meal Count		107	107	107	107	107	107	107	
Breakfast	Main	Opening Day --7:30-- Nakanawa Coffee Cake, Scrambled Eggs, Coffee Cake/ GF muffin or GF Coffee Cake	Scrambled eggs, hashbrown patty, Toast/GF toast	Scrambled eggs, peppers and onions, cheese, salsa on side, toast/ GF toast	Baked Apples	Breakfast Tacos w/ Eggs, Cheese, Bacon/Ham or Sausage Crumbles all served separate/	Cinnamon Rolls and GF Cin Rolls & Scrambled Eggs	Oatmeal & Yogurt w/ Assorted Toppings (Cut Fruit, Dried Fruit, Granola), Cereal/GF Cereal, toast/GF toast	
	Sides	Bacon, applesauce, cantaloupe	Sausage, Veg sausage, Fresh Fruit, Butter, Jelly	Breakfast Potatoes, Fresh Fruit,	Sausage Patties, veg sausage patties, Grits, Biscuits/ GF Biscuits, butter, jelly, honey	Salsa & Sour Cream, Hashbrown Tots, flour and corn tortillas	Bacon, Sausage/Veg Sausage and Bacon, Fresh Fruit	Bacon, Veg bacon, Fresh Fruit	
		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		107	107	107	107	107	107	107	
Lunch	Lunch (Main)	11 am Staff Deli Sandwiches Buffet - served by kitchen	Chicken Tenders	Hard or Soft Tacos w/ Ground Beef or Shredded Chicken	Grunch -Deli Sandwich Bar -- Counselors Serve-- turkey, ham, wraps, PBJ, LTOP	Spaghetti with marinara and meatsauce	Pizza -- Cheese, Veggie, Pepperoni or Sausage	12:00 Buffet served by kitchen-- Playhouse- Turkey or Tuna Salad Sandwiches/Wraps	
	Side (Lunch)	turkey, ham, wraps, PBJ, LTOP, Sliced Cheese,	Assorted dipping sauces	Lettuce, Tomato, Salsa, Sour Cream, Shred Cheese					
	Salad Bar (Lunch)	mayo, mustard, ranch, chips, sunbutter	Tater Tots, Carrots/celery with ranch	Corn & Black Beans, Corn Tortilla Chips, Flour Tortillas, Crispy Taco shells	mayo, mustard, ranch, chips, sunbutter		Oiled Pasta, Cheese, Broccoli Garlic Bread	Carrots & Celery Sticks / Ranch Dippers	Chips & Apple Slices
		Garden salad	Garden salad		Garden salad		Caesar salad	Mixed Green Salad	Garden salad
		Cake and Ice Cream	Brownies	peach cobbler / GF peach cobbler	Cookies/ GF cookies		Chocolate Pie	Spice Cake	Rice Crispy treats
	Subs	Water and pink lemonade	Water and Fruit Punch	water and yellow Lemonade	Water and grape punch		water and peach juice	Water and Cherry punch	Water & Fruit Punch
	GF Bread, GF Cake, DF Cake and Ice Cream	GF chicken tenders, GF brownie, V chicken tenders	Sub Meatless Crumbles / GF or Corn Tortilla	GF Bread		GF Pasta & GF Bread/ DF Cheese, GF crustless chocolate pie	GF Crust, GF Spice Cake, DF Cheese	Veg Tofurkey/GF Bread, GF Rice Crispy Treats	
Meal Count		107	107	107	107	107	107	107	
Dinner	Dinner (Main)	First Camper Meal -- Baked ham & Mac n cheese	Salisbury steak with gravy	Sweet-N-Sour Chicken	6 pm cookout	Chicken Parm/ GF Chicken Parm	Meatloaf	Roast Beef	
	Sides (Dinner)		Mashed potatoes, green peas, garlic toast	Veggie Egg Rolls/GF Egg roll	Hamburgers and Hot Dogs	Red Sauce	Gravy	Onion Rings, Green Beans, Mashed Potatoes, squishy rolls, frozen fruit salad	
	Salad (Dinner)	Honey carrots, rolls, Fruit Cups	Apple slices	Fried Rice w/ Peas & Carrots, Stir Fried Veggies/ GF rice option	Lettuce, Tomato, Onion, Pickles, Cheese Slices, mayo, mustard ketchup, ranch	Pasta/ GF pasta in Olive Oil	Mashed Potatoes, Mixed Vegetables		
		Garden salad	Garden salad		Baked Beans, Chips	Garlic Bread/ GF bread	Dinner Rolls		
		Water and pink lemondade	Water and Fruit Punch	water and yellow Lemonade	Cole Slaw	Garden salad	Garden salad		
	Subs	GF Mac and Cheese, GF rolls	GF and Veg option, GF toast	Meatless Chicken, Soy Free Grilled Chicken, GF Sweet n sour chicken	Water and grape punch	Water and Cherry punch	Water and Cherry punch	Water & Fruit Punch	
				Veggie burgers and dogs	GF Breading, DF Cheese, GF Bread	GF Meatloaf/ GF Bread, Veg Meatless option	GF Rolls, Veg -Grilled Portabella, DF Cheese		
Notes	Desserts are for lunch meals traditionally				Cookout needs: paper plates, utensils, serving pans, serving utensils---- Kitchen Off after breakfast and Grunch and Cookout are prepared.				

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		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		June 21	June 22	June 23	June 24	June 25	June 26	June 27
		Date:						
		Meal Count	107	107	107	107	30	60
Breakfast	Main	8:00 am -- Nakanawa Coffee cake/ GF coffee cake, scrambled eggs	7:30 Buffet ---Pancake Breakfast/ GF Pancakes -- Campers come in PJs through the line. Last call is 8:15.	Scrambled Eggs	FREE DAY ---Baked Apples	Muffins, GF muffins, Cereal, Scrambled Eggs	CLOSING DAY ---French Toast/ GF French Toast w/ Syrup & Fruit Toppings	Staff only -Muffins/ Donuts/ Bagels / Toast Bar
	Sides	Bacon, Veg bacon, applesauce, cantaloupe, butter	syrup, link sausage/bacon/ veg sausage link, fruit, butter	Bacon, veg bacon, Fresh Fruit, toast/GF toast, butter, jelly	Sausage Patties/bacon, veg sausage patties, Grits, Biscuits, GF Biscuits, butter, honey, jelly	Bacon/ Sausage , Fresh Fruit, butter, jelly	Scrambled Eggs, Bacon, veg bacon, Fresh Fruit, butter	Bacon, 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	107	107	107	107	75	60
Lunch	Lunch (Main)	BBQ Chicken quarters	Hawaiian Chicken	Tacos w/ Ground Beef & Shredded Chicken	Grunch - Counselors Serve - turkey, ham, wraps, PBJ, LTOP, Sliced Cheese,	Chicken Tenders		staff only- Assorted Sandwiches
		Baked beans, corn on the cob, cornbread muffins, GF cornbread	w/ Pineapple & Teriyaki	Guac, Sour Cream, tortillas flour/corn		Assorted dipping sauces		
	Side (Lunch)	Carrot Sticks, Apple Slices, butter	Rice, Carrots	chips, salsa, queso Pickled Jalapenos, Spanish Rice, tortilla chips	Chips, Mayo, mustard, Ketchup, Ranch, Sunbutter			Chips, Fresh Fruit
	Salad Bar (Lunch)		garden salad	garden salad	Garden salad	Garden salad		Full Salad Bar
		Chocolate Cake w/White Frosting or GF/DF Cake & Frosting and ice cream	giant chocolate chip cookies/GF cookies	churros	Cookies/ GF cookies	Chocolate Pie		Cookies
		Water and pink lemonade	water and yellow Lemonade	Water and Fruit Punch	Water and grape punch	Water and Fruit Punch		Water & Fruit Punch
	Subs	Meatless Chicken, GF Chicken	Grilled Chicken for GF, DF Rice & Carrots, Veg Meat Option	GF dessert	GF Bread		GF Rolls, GF brownie, DF Cheese, Veg Grilled Portobello Mushrooms	Meatless Balls, DF Cheese, GF Hoagie
		Meal Count	107	107	253	107	80	60
Dinner	Dinner (Main)	Grunch - Counselors Serve	Mustard Roasted Pork Loin	Ho Down in JR---- Eat at 6pm - Spaghetti & Meatballs	SR. COOKOUT - Counselors cook and serve - Both Camps eat in SR- 270 total - 6pm start			camp-orders-pizza
		Deli turkey, ham, wraps, PBJ, LTOP, Sliced Cheese,		w/ Red Sauce	Hamburgers hot dogs, buns, cheese slices		L-T-O-P	
	Sides (Dinner)	mayo, mustard, ranch, chips, sunbutter	Roasted Carrots, Mashed sweet potatoes, rolls	Oiled Pasta, Cheese, Broccoli	lettuce tomatoes pickles onions baked beans, cole slaw, assorted bagged chips		Coleslaw, Chips, Baked Beans	
				Garlic Bread	mustard, mayo, ketchup,			
	Salad (Dinner)	Salad Bar	Garden salad	Caesar salad				
		Water and pink lemonade	Water and Grape punch	water and yellow Lemonade	Water and Fruit Punch		Water and Fruit Punch	
	Subs	GF Bread	GF Rolls, Veg Meat Option, need to find out if there are any "No Pork"	GF Pasta & Bread/ DF Cheese	GF buns, Veggie burgers and dogs		Veggie Burgers and Dogs, GF Buns	
Dessert (Dinner)	OVERNIGHT --S'Mores (marshmallow x2, Chocolate icing, graham crackers, GF Graham crackers) ready to travel out to camp site.		HoDown sheet cake for 107 to take to JR					
Notes		Kitchen Off after lunch once Grunch is prepped.	Trip Week Food Order Planning. Trip Week is July 7-12. All Campers will be taking different trips out of camp - so each camper will need bread for two sandwiches apiece. Tent Row (25 people) will need bread for 7 Sandwiches a piece. Ham, Turkey and PBJ for each group and Tent Row is two Meals. Plus Snacks: Each groups takes a case of apples, apple bars, bagged chips, Cookies, Graham crackers. They will need packages of Mayo, Mustard, Ketchup, Jelly.		Cookout needs: paper plates, utensils, serving pans, serving utensils---- Kitchen Off after breakfast and Grunch and Cookout are prepared.	Aides Party at Apple Break: Brownies, Ice Cream Cups, Sodas (Coke, DP, DC, Sprite)	Kitchen Off after lunch cleanup and salad ready for transport outside.	