

TN - Camp Nakanawa - Junior 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		20	151	151	151	151	151	151
Breakfast	Main	Opening Day --7:30-- Nakanawa Coffee Cake, Scrambled Eggs, Coffee Cake/ GF muffin or GF Coffee Cake	French Toast/ GF French Toast w/ Syrup & Fruit Toppings	Scrambled Eggs, Bacon, veg bacon, Fresh Fruit, toast/GF toast, butter, jelly	Breakfast Tacos w/ Eggs, Cheese, Bacon/Ham or Sausage Crumbles all served seperate/	FREE DAY ---Baked Apples	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	Scrambled Eggs, Bacon, veg bacon, Fresh Fruit, butter	Breakfast Potatoes, Fresh Fruit,	Salsa & Sour Cream, Hashbrown Tots, flour and corn tortillas	Sausage Patties/bacon, veg sausage patties, Grits, Biscuits, GF Biscuits, butter, honey, jelly	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		20	151	151	151	151	151	151
Lunch	Lunch (Main)	11 am Staff Deli Sandwiches Buffet - served by kitchen	Chicken Tenders	Soft Tacos w/ Ground Beef or Shredded Chicken, corn and flour tortillas	Hamburgers, buns	Grunch - Counselors Serve	Pizza	Roast Beef
	Side (Lunch)	turkey, ham, wraps, PBJ, LTOP, Sliced Cheese, mayo, mustard, ranch, chips, sunbutter	Assorted dipping sauces	Salsa, Sour Cream, Shred Cheese	L-t-p, sliced Cheese, mustard mayo, ketchup, Ranch	turkey, ham, wraps, PBJ, LTOP, Sliced Cheese, mayo, mustard, ranch, chips, sunbutter	Cheese, Veggie, Pepperoni	Onion Rings, Green Beans, Mashed Potatoes, squishy rolls
	Salad Bar (Lunch)	Garden salad	Garden salad	Lettuce, Tomato	Garden salad	Garden salad		frozen fruit salad
		Water and pink lemonade	Water and Fruit Punch	water and yellow Lemonade	Water and Grape punch	Water and Cherry punch	Water and lemonade	Water and Fruit Punch
	Lunch (Dessert)	Cake and Ice Cream	Brownies	Churros	chocolate pie	Cookies	Spice Cake	Worms and Dirt
	Subs	GF Bread, GF Cake, DF Cake and Ice Cream	GF chicken tenders/ V chicken tenders/ GF Brownies	Meatless Crumbles, GF Dessert	Veg Bean burgers, GF buns, GF crustless chocolate pie	GF Bread, GF cookies	GF Crust/DF Cheese, GF Spice Cake	GF Bread, Black Bean Burger, DF Cheese, GF Worms and Dirt
Meal Count		151	151	151	151	151	151	151
Dinner	Dinner (Main)	First Camper Meal - Spaghetti with marinara and meat sauce	Roast Turkey & Gravy	Hawaiian Chicken	Meatloaf and mashed potatoes	Lasagna (meat/cheese)	Chicken Parm/ GF Chicken Parm	6pm start
	Sides (Dinner)	Green beans, texas toast	Mashed Potatoes, Peas & Carrots	Rice, Carrots, Egg rolls	carrot fries, dinner roll	green beans, texas toast, canned peaches, Cottage Cheese	Pasta/ GF pasta in Olive Oil	Hamburgers hot dogs, buns/GF buns, cheese slices lettuce tomatoes pickles onions baked beans cole slaw, assorted bagged chips
			Dinner rolls, canned peaches				Garlic Bread/ GF bread	mustard, mayo, ketchup,
	Salad (Dinner)	Caesar salad	Garden salad	Garden salad	Greek Salad	Caesar salad	Garden salad	
		Water and Fruit Punch	Water and Fruit Punch	water and yellow Lemonade	Water and Grape punch	Water and Peach punch	Water and lemonade	Water and Fruit Punch
	Subs	GF Spaghetti, GF Caesar, GF Toast, Veg - Meatless sauce	GF Rolls, GF Gravy, Veg Option	Grilled Chicken for GF, DF Rice & Carrots, Veg Meat Option, GF Egg Rolls	GF Meatloaf, GF Rolls	GF Lasagna, GF Toast	GF Breading, DF Cheese, GF Bread	Veggie burgers and dogs
Notes						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.

TN - Camp Nakanawa - Junior Camp Menu 2026

		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Date:		June 21	June 22	June 23	June 24	June 25	June 26	June 27
Meal Count		151	151	151	151	151	151	
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/bacon/ veg 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	
Meal Count		151	151	151	151	151	250	
Lunch	Lunch (Main)	Baked Chicken quarters	Baked Chicken patty	Crispy Tacos w/ Ground Beef & Shredded Chicken	Grunch - Counselors Serve turkey, ham, wraps, PBJ, LTOP, Sliced Cheese,	Pork Chops	Parent lunch -Roast Beef	
		mashed potatoes/gravy	Mac N Cheese	Guac, Sour Cream, Corn taco shells	mayo, mustard, ranch, chips, sunbutter		w/ Gravy	
	Side (Lunch)	Honey glazed carrots, cornbread	Broccoli, Fruit Cup	chips, salsa, queso Pickled Jalapenos, Spanish Rice		Corn on the Cob, Broccoli, Apple Slices, Squishy Rolls, butter	Green beans, mashpotatoes, squishy rolls, gravy, traditional frozen fruit salad, brownies	
	Salad Bar (Lunch)	Garden salad	Greek salad	Lettuce, Tomato, onion	Salad Bar	Mixed Green Salad	Full Salad Bar	
	Lunch (Dessert)	Water and pink lemonade Vanilla Cake w/ Frostingand ice cream	Water and Grape Punch Strawberry Shortcake	Water and Fruit Punch Giant chocolate chip cookies	Water and Cherry punch Cookies	Water and Cherry punch Chocolate Pie	Brownies/ GF brownies Water and pink lemonade	
	Subs	Meatless chicken, GF chicken, GF Cornbread, GF Cake & Frosting, DF ice cream	GF Bread, GF Chicken Patty, Veg Chicken, GF Dessert	Meatless Crumbles, DF Cheese	GF Bread, GF cookies	GF Crustless Chocolate Pie, GF Rolls, Veg Meatless Option	Grilled Portobellas, GF/DF Potatoes & Corn	
Meal Count		151	151	151		151		
Dinner	Dinner (Main)	Roast Beef	Spaghetti with marinara and meatballs	Hawaiian Chicken	Cook out in Sr Camp	Chicken fajitas		
		Onion Rings, Green Beans, Mashed Potatoes, rolls		w/ Pinapple & Teriyaki		flour/corn tortillas, sauteed pepper /onions		
	Sides (Dinner)		Green beans, texas toast	Rice, Carrots, Veggie Egg Rolls		Chips, queso/Fresh Fruit	camp orders pizza for staff	
	Salad (Dinner)	garden salad		Water and Fruit Punch		shredded lettuce pico		
	Subs	Brownies	Caesar salad	salad		Churros/GF Option		
	Water & Fruit Punch	Water and Grape Punch	Grilled Chicken, GF Rice & Carrots		water and yellow lemonade			
	GF Bread, Black Bean Burger, DF Cheese	GF Spaghetti, GF Caesar, GF Toast, Veg - Meatless sauce			Veg meatless option			
	GF Bread							
Notes		move dessert from dinner to lunch		Sheetcake for HoDown after Dinner, For all of Jr Camp	cookout jr to sr --- Kitchen Off after breakfast and Grunch are prepared Until Dinner prep.		Kitchen Off after cleanup of lunch	