

## TN - Camp Nakanawa - Senior Camp Menu 2026

		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Date:</b>		June 28	June 29	June 30	July 1	July 2	July 3	July 4
<b>Meal Count</b>		55	200	200	200	200	200	200
<b>Breakfast</b>	<b>Main</b>	7:30 am Staff only - Nakanawa Coffee Cake/ GF Coffee Cake	Opening Day - Staff Only - Chocolate Chip Pancakes/ GF Pancakes	Cereal day-hot and cold, toast/GF Toast, GF Cereal and Oatmeal, Butter, Jelly	Baked Apples	FREE DAY ----Scrambled eggs	Scrambled Eggs, Bacon/Sausage, Veg Bacon or Sausage, Fresh Fruit, Bagels & Cream Cheese, GF Bagels, Butter, Jelly	French Toast/GF French Toast with fruit
	<b>Sides</b>	scrambled eggs, bacon/Veg bacon, applesauce, cantaloupe, butter	Bacon & Sausage, Veg sausage link/ Scrambled Eggs, Fresh Fruit, butter, syrup	Breakfast Potatoes, Fresh Fruit	Sausage Patties/bacon, veg sausage patties, Grits, Biscuits, butter, honey, jelly	Hashbrowns, Bacon/Sausage/ Veg Bacon, Fresh Fruit, croissants, GF Toast, Butter, Jelly	Oatmeal & Yogurt Bar w/ Assorted Toppings (Cut Fruit, Dried Fruit, Granola)	Scrambled Eggs, Breakfast Tots, Bacon/Veg Bacon
		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
<b>Meal Count</b>		55	200	200	200	200	200	200
<b>Lunch</b>	<b>Lunch (Main)</b>	Staff Only -Oven roasted chicken, scalloped potatoes	11 am Staff Buffet/ Kitchen serves- Deli Sandwiches	Chicken fajitas	Pizza, cheese/pepperoni	GRUNCH - Counselor Serve	Chicken Tenders	Roast Beef
			turkey, ham, wraps, PBJ, LTOP	flour/corn tortillas, sauteed pepper /onions		Grunch - turkey, ham, wraps, PBJ, LTOP, Sliced Cheese	Assorted Dipping Sauces	Onion rings, squishy rolls, green beans, gravy
	<b>Side (Lunch)</b>	Broccoli, squishy rolls, butter	mayo, mustard, ranch, chips, sunbutter	Chips, queso/Fresh Fruit	watermelon, carrot sticks and ranch	mayo, mustard, ranch, chips, sunbutter	Mac & Cheese, Fresh Fruit	
	<b>Salad Bar (Lunch)</b>	salad	Garden salad	shredded lettuce pico	Caesar salad	Garden salad	garden salad	Frozen fruit salad
		Cake and Ice Cream / DF GF Cake and Ice Cream	Cookies	Churros/GF Option	Chocolate pie	Cookies	lemon cake	Cherry Cobbler with Vanilla Ice Cream
		Water and pink lemonade	Water and Fruit Punch	water and yellow Lemonade	Water and grape punch	Water and Cherry punch	Water and Peach punch	Water & Fruit Punch
	<b>Subs</b>	GF Rolls, Veggie Option	GF Bread, GF Cookies	GF dessert, Veg meatless option	GF Pizza, GF Ceasar, GF Crustless Choco pie	GF Bread	GF Chicken Nuggets, Veg Meatless Chicken, GF/DF Mac & Cheese, GF Lemon Cake	GF/DF Gravy, GF Rolls, Veg Grilled Portobellos
<b>Meal Count</b>		200	200	200	200	200	200	200
<b>Dinner</b>	<b>Dinner (Main)</b>	Staff only - Loaded Baked Potatoes	First Camper Meal - Spaghetti with marinara and meat sauce	Meatloaf and mashed potatoes	Alice Spring's Chicken	Lasagna (meat/cheese)	early- all campers and staff to <b>Playhouse 4:45</b> dinner--- Honey Mustard Roasted Pork Loin	6 pm - July 4th Cookout - Counselors serve - Burgers & Dogs
		w/ Cheese, Sour Cream, Chili, butter					or Chicken	L-T-O-P - Sliced Cheese, Ranch, Mayo, mustard, ketchup
	<b>Sides (Dinner)</b>	Broccoli	Green beans, texas toast	carrot fries, dinner roll	Roasted Red Potatoes, Squash casserole	green beans, texas toast, canned peaches, Cottage Cheese	Roasted/Mashed Sweet Potatoes, Succotash	Coleslaw, Individual Bagged Chips, Baked Beans
	<b>Salad (Dinner)</b>	Full Salad Bar	Caesar salad	Greek Salad	Garden salad	Caesar salad	Salad	Full Salad Bar
		Water and pink lemonade	Water and Fruit Punch	water and yellow Lemonade	Water and grape punch	Water and Peach punch	Water and Cherry punch	Water & Fruit Punch
	<b>Subs</b>	DF Sour Cream & Cheese, Meatless Crumbles	GF Spaghetti, GF Caesar, GF Toast, Veg - Meatless sauce	GF Meatloaf, GF Rolls	Meatless Chicken, DF Cheese, Bacon, DF Ranch	GF Lasagna, GF Toast	Meatless Chicken, DF Mash/Roasted Pots, GF Rolls	Veggie Burgers/ Veggie Dogs, GF Buns
<b>Dessert (Dinner)</b>					<b>NOTE: Kitchen Off</b> after breakfast and Grunch are prepared Until Dinner prep.	<b>Serve on Disposable Plates and cups --- Kitchen Staff</b> invited to join us at the Playhouse	<b>SMores</b> (marshmallow x2, Chocolate icing, graham crackers, GF Graham crackers) --- <b>Cookout</b> needs: paper plates, utensils, serving pans, serving utensils--- <b>Kitchen Off</b> after lunch is cleaned up and Cookout prep is ready.	
<b>Notes</b>								

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		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Date:</b>		July 5	July 6	July 7	July 8	July 9	July 10	July 11
<b>Meal Count</b>		200	200	200	200	200	200	200
<b>Breakfast</b>	<b>Main</b>	8:00 am --Nakanawa Coffee cake/ GF coffee cake, scrambled eggs	Biscuits & Gravy/GF Biscuits	Scrambled eggs, canadian bacon/ Veg Bacon, English Muffins or Toast/GF Toast and Eng Muffins	Baked Apples	Breakfast Tacos w/ Eggs, Cheese, Bacon/Ham or Sausage Crumbles ( all a la carte)	TRIP DAY - Buffet - Cinnamon Rolls, bacon, and cereal at <b>5am</b> for 150 ---- Full breakfast at <b>8 am</b> for 65 Cinnamon Rolls and GF Cin Rolls & Scrambled Eggs	7:30 Buffet ---Pancake Breakfast/ GF Pancakes -- Campers come in PJs through the line. Last call is 8:15.
	<b>Sides</b>	Bacon, Veg bacon, applesauce, cantaloupe, butter	Scrambled Eggs, Bacon/Veg Bacon Fresh Fruit, butter, jelly, honey	Breakfast Potatoes, Fresh Fruit, butter, jelly	Sausage Links/Veg Sausage links, Grits, Biscuits/GF Biscuits, butter, honey, jelly, (Tent Row out of Camp less 25 for this meal)	Salsa & Sour Cream, Hashbrown Tots, toast/GF toast, Flour and corn tortillas; (Tent Row out of Camp less 25 for this meal)	Buffet for 6t0 at 8am - Bacon, Sausage/Veg Sausage and Bacon, Fresh Fruit	syrup, link sausage/bacon/ veg sausage link, fruit, butter
		Coffee, Tea, Milk & Juice	Coffee, Tea, Milk & Juice	Coffee, Tea, Milk & Juice	Coffee, Tea, Milk & Juice	Coffee, Tea, Milk & Juice	Coffee, Tea, Hot Chocolate, Milk & Juice	Coffee, Tea, Milk & Juice
<b>Meal Count</b>		200	200	200	200	200	200	200
<b>Lunch</b>	<b>Lunch (Main)</b>	Fried Chicken, GF Chicken, Veg meatless option	Spaghetti	Hard or Soft Tacos w/ Ground Beef or Shredded Chicken	Buffet Grunch lunch	Pizza/Assorted Pizzas	<b>Trip Day</b> for 65 Buffet -- Lasagna, meat/cheese	Chicken tenders
		rice ,gravy broccoli, rolls, butter, jelly	Red & Meat Sauce,	Lettuce, Tomato, Salsa, Sour Cream, Shred Cheese	Bread and Wraps, Sliced Deli Meats, Lettuce, Tomato, Onion, Pickles, Sliced Cheese, Peanut Butter & Jelly, Mayo, mustard, ketchup	Cheese, Veggie, Pepperoni or Sausage	Broccoli	carrot fries, roasted potato wedges
	<b>Side (Lunch)</b>		Roasted Broccoli, Garlic Bread	Corn & Black Beans	Apples, Chips	Carrots & Celery Sticks / Ranch Dippers	Garlic Bread	Apple Slices
		Cake (No ice cream this time)	Strawberry Shortcake	Churros	Cookies	Chocolate pie	Giant chocolate chip cookies	Orange Cake
	<b>Salad Bar (Lunch)</b>	garden salad	Salad	lettuce/pico	Garden salad	Greek Salad	Cesar Salad	garden salad
		Water and pink lemonade	Water and Fruit Punch	water and yellow Lemonade	Water and grape punch	Water and Peach punch	Lemonade & Fruit Punch	Water & Fruit Punch
	<b>Subs</b>	GF Gravy, GF Rolls, GF Cake, Veg Meatless option	GF Spaghetti, GF Strawberry Shortcake, GF Bread	Sub Meatless Crumbles / GF or Corn Tortilla, (Tent Row out of Camp less 25 people for this meal)	Meatless Tender/GF Tenders, GF Bread and or Wraps, (Tent Row out of Camp less 25 for this meal), GF Cookies	GF Crust/DF Cheese, GF Crustless Choco pie	GF Pasta & Bread/ DF Cheese	Tofurkey/GF Bread/GF Chicken Nuggets
<b>Meal Count</b>		200	200	200	200	200	200	200
<b>Dinner</b>	<b>Dinner (Main)</b>	Circus - Buffet Hot Dog Supper BOTH JR AND SR CAMPS- Counselors assist in serving	BBQ Chicken,	Orange Chicken	Chicken Alfredo with penne	Chicken Nuggets	SR. COOKOUT - 6pm start - Counselor Serve	AMAZON Weenie Roast - 225 people
		Hot Dogs/ Veggie Dogs/ Buns	Corn on the Cob, Green Beans, Biscuits,Butter, unFrozen Fruit Salad		roasted broccoli, Fruit, rolls	Broccoli, Corn, butter	Hamburgers hot dogs, buns/GF buns, cheese slices	Hot Dogs/ Veggie Dogs/ Buns/GF Buns MUST BE TWO PER PERSON
	<b>Sides (Dinner)</b>	Baked Beans, Apples, Chips, Mayo, mustard, ketchup, PBJ, Bread, Sunbutter		Fried Rice w/ Peas & Carrots, Stir Fried Veggies		Dinner Rolls	lettuce tomatoes pickles onions baked beans cole slaw, assorted bagged chips	Baked Beans, Cole Slaw, Apples, Chips, Mayo, mustard, ketchup,
	<b>Salad (Dinner)</b>	Garden Salad		Veggie Egg Rolls		garden salad	mustard, mayo, ketchup, paper plates, utensils, serving pans, serving utensils	
		Water and pink lemonade	Water and Lemonade	water and yellow Lemonade	Water and grape punch	water and peach punch	Water and Fruit Punch	Water & Pink Lemonade
	<b>Subs</b>	GF Buns, Veg Dogs, Veg Bean Burgers	GF Biscuits or Bread, GF Chicken, Veg Meatless Option	Meatless Chicken, GF - Soy Free Grilled Chicken, GF Rice, GF Egg Rolls, (Tent Row out of Camp less 25 for this meal)	GF Chicken Alfredo, GF Rolls, Veggie Alfredo (Tent Row out of Camp less 25 for this meal)	Veg Meatless option	Veggie burgers and dogs	
	<b>Dessert (Dinner)</b>	Icecream sandwiches & ice cream on a stick =1000 total pieces,Sugar free ice cream x10	Ice Cream on a stick for counselor staff at Big House and for Ice Cream Social (90 people)					SMores(marshmallow x2, Chocolate icing, graham crackers, GF Graham crackers)
<b>Notes</b>		Cakes needed for drawing on this night: 2 Cakes	Sr Counselors staff dines at the Big House. A portion of this meal will be transported to the Big House at 5:00 - 5:30. Cindy will give you the count. ----Counselors will be served ice cream bars.-----This is followed by Ice cream social for 90 people at The Big House. Use Circus Ice Cream leftovers if available.		<b>Kitchen Off</b> after breakfast and Grunch are prepared Until Dinner prep.		<b>Kitchen Staff</b> on Trips- All meals buffet style, served by counselors. Need help with breakfast and lunch from Chefs	Prepare for transportation outside at 5:00. Double the amount of water and punch. --- <b>Kitchen off</b> after Dinner prep is complete.

Week 6

## TN - Camp Nakanawa - Senior Camp Menu 2026

		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Date:</b>		July 12	July 13	July 14	July 15	July 16	July 17	July 18
<b>Meal Count</b>		200	200	200	200	206	206	206
<b>Breakfast</b>	<b>Main</b>	8 am --Nakanawa Coffee cake/ GF coffee cake, scrambled eggs	Denver Hash w/ Potatoes, Ham, Cheese, Peppers, Onions (ON SIDE)	French Toast w/ Syrup & Fruit Toppings	7:30 Buffet ---Pancake Breakfast/ GF Pancakes --- Campers come in PJs through the line. Last call is 8:15.	Baked Apples	Cinnamon Rolls and GF Cin Rolls& Scrambled Eggs	Scrambled Eggs, Bacon/Sausage, Veg Bacon or Sausage, Fresh Fruit,Toast/GF Toast, Butter, Jelly
	<b>Sides</b>	Bacon, Veg bacon, applesauce, cantaloupe, butter	Scrambled Eggs, Bagels/GF Bagels and Cream Cheese, Fresh Fruit	Scrambled Eggs, Bacon/ Veg Bacon, Fresh Fruit, Butter	syrup, link sausage/bacon/ veg sausage link, fruit, butter	Sausage Patties/bacon, veg sausage patties, Grits, Biscuits, butter, honey, jelly	Bacon, Sausage/Veg Sausage and Bacon, Fresh Fruit	Oatmeal & Yogurt Bar w/ Assorted Toppings (Cut Fruit, Dried Fruit, Granola)
		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
<b>Meal Count</b>		200	200	200	200	206	200	206
<b>Lunch</b>	<b>Lunch (Main)</b>	Baked chicken, scalloped potatoes - <b>are these GF?</b>	Lasagna, meat/cheese	Taco Tuesday, chicken or carnitas	Buffet Grunch - Counselors serve	Chicken Tenders	Grilled Cheese with tomato basil soup	Grilled chicken
			Broccoli	Corn Tortilla Chips, Guac, Sour Cream, Salsa, Nacho Cheese	Bread and Wraps, Sliced Deli Meats, LTOP, Sliced Cheese, Peanut Butter & Jelly	Assorted Dipping Sauces		Fresh fruit
	<b>Side (Lunch)</b>	Broccoli,squishy rolls, butter	Garlic Bread	Black Beans, Black Olives, Pickled Jalapenos, Spanish Rice	Apples, Chips, Mayo, mustard, Ranch	Mac N Cheese, fresh fruit	carrot fries, Fresh Fruit	Roasted Broccoli, succatash, Rolls
	<b>Salad Bar (Lunch)</b>	salad	Caesar Salad	Garden salad	Garden salad	Garden salad	Garden salad	Cesar salad
		Chocolate Cake and Ice Cream	Trifle	Churros	Assorted Cookies	Chocolate Pie	Lemon Cake	Banana Pudding
		Water and pink lemonade	water and Grape Punch	Water and fruit punch	Water and grape punch	Water and Peach punch	Water & Lemonade	Water & Fruit Punch
	<b>Subs</b>	Veggie Option, GF Rolls, GF Cake, DF Cake and Ice Cream	GF Lasagna or Pasta, GF bread	GF Churros or dessert	Tofurkey, GF Rolls, GF Wraps	Meatless Chicken, GF Chicken Breeding, GF Crustless Chocolate Pudding	DF Cheese, Tofurkey, GF Bread, GF Lemon Cake	GF Bread, Black Bean Burger, DF Cheese, GF Banana Pudding
<b>Meal Count</b>		200	200	200	206	206	206	200
<b>Dinner</b>	<b>Dinner (Main)</b>	Buffet Grunch Supper - Counselors Serve	Baked Chicken patty	Hawaiian Chicken	Valkyrie Surprise Party (Ready for transport outside by 5:00PM) BBQ Chicken,	Pork Chops	Chicken Parm	Roast Beef
		Bread and Wraps, Sliced Deli Meats, Lettuce, Tomato, Onion, Pickles, Sliced Cheese, Peanut Butter & Jelly, sunbutter		w/ Pinapple & Teriyaki		salad, rolls	Red Sauce	Onion rings, squishy rolls, green beans, gravy
	<b>Sides (Dinner)</b>	Apples, Chips, Cookies	Green Beans, Carrot & Celery Sticks w/ Ranch Dippers	Rice, Carrots, egg rolls	Green Beans, Corn on the Cob, BIG Biscuits, Butter	Mashed potatoes, Peas & Carrots	Pasta in Olive Oil, Broccoli	
	<b>Salad (Dinner)</b>	Full Salad Bar	Greek salad	Garden salad	Unfrozen Fruit Salad	Garden Salad	Caesar Salad	Frozen fruit salad
		Water and pink lemonade	Water and Grape Punch	Water and fruit punch	Water and grape punch	Water and Peach punch	Water & Lemonade	Water & Fruit Punch
	<b>Subs</b>	Tofurkey, GF Bread, GF Wraps	GF Bread, GF Chicken Patty	Grilled Chicken for GF, GF egg rolls. DF Rice & Carrots, Veg Meat Option	GF Chicken, GF rolls, Veg meatless option	GF Rolls	GF Breeding, GF Pasta, DF Cheese, GF Bread	GF/DF Gravy, GF Rolls, Veg Grilled Portobellos
	<b>Dessert (Dinner)</b>	Assorted Cookies			ICE CREAM cups, DF and SF dessert option			
<b>Notes</b>		<b>Kitchen Off</b> after lunch once Grunch is prepped	<b>Cave Trip out for breakfast</b> - subtract 25 from Breakfast count. --- <b>Ice cream social</b> for 90 people at The Big House. Use Circus Ice Cream leftovers if available.	INT. OVERNIGHT --- SMores(marshmallow x2, Chocolate icing, graham crackers, GF Graham crackers) ready to travel out to camp site.	Divided Plates, Knife, Fork Spoon, Napkins Cups, Pitchers, Trash Bags, Serving Spoons, Hot Pads, Trash Bags --- <b>Kitchen Off</b> after Dinner prepared for transport outside.			

## TN - Camp Nakanawa - Senior Camp Menu 2026

		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Date:</b>		July 19	July 20	July 21	July 22	July 23	July 24	July 25
<b>Meal Count</b>		200	200	200	200	200	200	25
<b>Breakfast</b>	<b>Main</b>	Nakanawa Coffee cake/ GF coffee cake, scrambled eggs	Chocolate Chip Pancakes/ GF Pancakes	Scrambled eggs, ham, toast/GF Toast	Baked Apples	Biscuits & Gravy/GF Biscuits	Oatmeal & Yogurt Bar w/ Assorted Toppings (Cut Fruit, Dried Fruit, Granola), Cereal/GF Cereal , toast/GF toast	Scrambled Eggs, Bacon/Sausage, Veg Bacon or Sausage, Fresh Fruit, Bagels & Cream Cheese, GF Bagels
	<b>Sides</b>	Bacon, Veg bacon, applesauce, cantaloupe, butter	Bacon & Sausage, Veg sausage link/ Scrambled Eggs, Fresh Fruit, butter, syrup	Breakfast Potatoes, Fresh Fruit, butter, Jelly	Sausage Patties/bacon, veg sausage patties, Grits, Biscuits, butter, honey, jelly	Scrambled Eggs, Bacon/Veg Bacon Fresh Fruit, butter, jelly, honey	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
<b>Meal Count</b>		200	200	200	200	200	320	120
<b>Lunch</b>	<b>Lunch (Main)</b>	Fried Chicken	Pizza (cheese/pepperoni)	Chicken shawarma	Hamburgers	Chicken Tenders	Baked Chicken patty	Parent Buffet Lunch - Counselors assist in serving
		rice gravy broccoli, rolls, butter, jelly		Hummus & Pita		Assorted Dipping Sauces		Roast Beef
	<b>Side (Lunch)</b>		fresh fruit, carrot dippers	Rice & Peas, sliced apples	French fries, Baked Beans, Sliced Cheese, corn on the cob	Mac N Cheese, fresh fruit	Green Beans, Carrot & Celery Sticks w/ Ranch Dippers	Onion Rings, Green Beans, Mashed Potatoes
	<b>Salad Bar (Lunch)</b>	garden salad	Cesar Salad	Greek Salad	garden salad	Garden salad	garden salad	garden salad
		Cake and Ice Cream /	Brownies/ GF Brownies	Dirt cake with worms	Chocolate Pie	Chocolate Chip Cookies	Rice Krispie Treats/ GF Rice Krispie Treats	Brownies
	<b>Subs</b>	Water and pink lemonade GF Chicken, GF Gravy, GF Rolls, DF GF Cake and Ice Cream, DF Sour Cream & Cheese, Meatless Crumbles	Water and Fruit Punch	water and yellow Lemonade	Water and grape punch	Water and Peach punch	Lemonade & Fruit Punch	Water & Fruit Punch
<b>Meal Count</b>		200	200	200	200	200		
<b>Dinner</b>	<b>Dinner (Main)</b>	Buffet Grunch Dinner - Counselor Serve	Roasted Turkey Breast	Spaghetti	Buffet Grunch Dinner - Counselor Serve	Alice Spring's Chicken		
		Bread and Wraps, Sliced Deli Meats, LTOP, Sliced Cheese, Peanut Butter & Jelly, Sunbutter	w/ Gravy	w/ Red or Meat Sauce	Bread and Wraps, Sliced Deli Meats, LTOP, Peanut Butter & Jelly, Sunbutter			
	<b>Sides (Dinner)</b>	Apples, Chips, Mayo, mustard, Ranch	Mashed Potatoes, Cranberry Sauce, Green Beans	green peas	Apples, Chips, Mayo, mustard, Ranch	Roasted Red Potatoes, Zucchini & Squash		
	<b>Salad (Dinner)</b>	Full Salad Bar	Garden salad	garden salad	Full Salad Bar	garden salad		
	<b>Subs</b>	Water and lemonade Tofurkey, GF Bread, GF Wraps	Water and Fruit Punch Tofurkey, GF Rolls, GF/DF Gravy	water and yellow Lemonade GF Pasta, DF Cheese, GF Bread	Water and Fruit punch Tofurkey, GF Bread, GF Wraps	Water and grape punch Meatless Chicken, DF Cheese, Facon, DF Ranch,		
	<b>Dessert (Dinner)</b>	Cookies			Cookies			
<b>Notes</b>		<b>Kitchen Off</b> after lunch once Grunch is prepped --- <b>Cakes</b> needed this week: Swimming Cakes: 5, Riding Cakes:2	Aides Party at 3:30: Brownies, Ice Cream Cups, Sodas (Coke, DP, DC, Sprite)		<b>Kitchen Off</b> after lunch once Grunch is prepped			