

## TN - Camp Nakanawa - Junior Camp Menu 2026

		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		June 28	June 29	June 30	July 1	July 2	July 3	July 4	
		<b>Date:</b>	June 28	June 29	June 30	July 1	July 2	July 3	July 4
		<b>Meal Count</b>	30	30	130	130	130	130	130
<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	Scrambled eggs, pepper blend, cheese, salsa on side, toast/GF Toast, jelly, butter	Blueberry Muffins/ GF Blueberry Muffins	Baked Apples	Oatmeal & Yogurt Bar w/ Assorted Toppings, toasted bread	Biscuits & Gravy/GF Biscuits	
	<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	Scrambled Eggs, Bacon/Veg Bacon Fresh Fruit, butter	Sausage Links/Veg Sausage links, Grits, Biscuits/GF Biscuits, butter, honey, jelly, )	Scrambled Eggs, Bacon/Veg Bacon Fresh Fruit, butter	Scrambled Eggs, Bacon/Veg Bacon Fresh Fruit, butter, jelly, honey	
			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>	30	40	130	130	130	130	130
<b>Lunch</b>	<b>Lunch (Main)</b>	Staff only - Baked Chicken	11 am Staff Buffet/ Kitchen serves- Deli Sandwiches	Tacos w/ Ground Beef & Shredded Chicken	Hamburgers	GRUNCH - Counselor Serve	Roast Beef	Grilled chicken breast	
			rice, gravy, rolls	turkey, ham, wraps, PBJ, LTOP	Guac, Sour Cream, tortillas flour/corn		Grunch - turkey, ham, wraps, PBJ, LTOP, Sliced Cheese	Onion rings, squishy rolls, green beans, gravy	
	<b>Side (Lunch)</b>	Broccoli	mayo, mustard, ranch, chips, sunbutter	chips, salsa, queso Pickled Jalapenos, Spanish Rice, tortilla chips	kettle chips, Baked Beans, corn on the cob, Sliced Cheese, Buns	mayo, mustard, ranch, chips, sunbutter		Fresh fruit, roasted potatoes	
			Garden Salad	Salad Bar	Lettuce, Tomato	Lettuce, Tomato, Onion	Garden salad	Frozen fruit salad	Caesar Salad
	<b>Salad Bar (Lunch)</b>	Water and pink lemonade	Water and Grape Punch	Water and fruit punch	Water and lemonade	Water and Cherry punch	Water and Grape Punch	Water and Fruit Punch	
	<b>Lunch (Dessert)</b>	traditional - icecream, cake with frosting	Cookies	churros	Chocolate Pie	Cookies	Banana pudding	Cherry cobbler and Vanilla Ice Cream	
<b>Subs</b>	GF and Veg options, GF cake, GF Rolls	GF Bread, GF Cookies	Meatless options, GF dessert	GF Crustless Choc pie, GF bun, Veg bean burger	GF Bread	GF/DF Gravy, GF Rolls, Veg Grilled Portobellos	GF Chicken/ Meatless option, GF Garlic Bread, GF Cherry Cobbler		
		<b>Meal Count</b>	30	130	130	130	130	130	
<b>Dinner</b>	<b>Dinner (Main)</b>	Staff only - Loaded Baked Potatoes	First Camper Meal - Spaghetti with marinara and meat sauce	Pizza (cheese/pepperoni)	Alice Spring's Chicken	Lasagna, meat/cheese	early- all campers and staff to <b>Playhouse 4:45</b> dinner--- Chicken Tenders	6 pm - July 4th Cookout - Counselors serve - Burgers & Dogs	
			w/ Cheese, Sour Cream, Chili, butter				Assorted Dipping Sauces	L-T-O-P - Sliced Cheese, Ranch, Mayo, mustard, ketchup	
	<b>Sides (Dinner)</b>	Broccoli	Green beans, texas toast	fresh fruit, carrot dippers	Roasted Red Potatoes, nakanawa squash casserole	Garlic Bread	Mac N Cheese, fresh fruit	Coleslaw, Individual Bagged Chips, Baked Beans	
			Full Salad Bar	Caesar salad	Garden Salad	spring mix with strawberries, feta and balsamic	Garden salad	Full Salad Bar	
	<b>Salad (Dinner)</b>	Water and pink lemonade	Water and Grape Punch	Water and fruit punch	Water and lemonade	Water and Cherry punch	Water (no punch)	Water and Fruit Punch	
	<b>Subs</b>	DF Sour Cream & Cheese, Meatless Crumbles	GF Spaghetti, GF Caesar, GF Toast, Veg - Meatless sauce	GF Crust	Meatless Chicken, DF Cheese, Facon, DF Ranch	GF Lasagna, GF Toast,	Meatless Chicken, GF Chicken Breeding	Veggie Burgers/ Veggie Dogs, GF Buns	
						<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>		130	130	130	130	130	130	130
<b>Breakfast</b>	<b>Main</b>	8:00 Nakanawa Coffee cake/ GF coffee cake, scrambled eggs	Biscuits & Gravy/GF Biscuits	Scrambled eggs, yogurt parfaits, blueberry muffins, GF Muffins	Baked Apples	7:30 Buffet ---Pancake Breakfast/ GF Pancakes -- Campers come in PJs through the line. Last call is 8:15.	Cinnamon Rolls and GF Cin Rolls& Scrambled Eggs	Oatmeal & Yogurt w/ Assorted Toppings (Cut Fruit, Dried Fruit, Granola), Cereal/GF Cereal, toast/GF toast
	<b>Sides</b>	Bacon, Veg bacon, applesauce, cantaloupe, butter	Scrambled Eggs, Bacon/Veg Bacon Fresh Fruit, butter, jelly, honey	Breakfast Potatoes, Fresh Fruit	Sausage Patties/bacon, veg sausage patties, Grits, Biscuits, butter, honey, jelly	syru, link sausage/bacon/ veg sausage link, fruit, butter	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
<b>Meal Count</b>		130	130	130	130	130	130	130
<b>Lunch</b>	<b>Lunch (Main)</b>	Fried Chicken	Chicken Nuggets	Crispy Tacos w/ Ground Beef	Hoagies or Grilled Ham and Cheese and Grilled Cheese	GRUNCH - Counselor Serve	Chicken Tenders	Pizza
		rice, gravy, broccoli, rolls, butter, jelly	green beans, Corn not on the cob	Lettuce, Tomato, Salsa, Guacamole, Sour Cream, Shred Cheese, Chips		Grunch - turkey, ham, wraps, PBJ, LTOP, Sliced Cheese	Assorted Dipping Sauces	Cheese, Veggie, Pepperoni or Sausage
	<b>Side (Lunch)</b>		Apple Slices, Ketchup, Rolls, Butter	Mexican Corn & Black Beans	French Fries, Green Vegetable	mayo, mustard, ranch, chips, sunbutter	Mac N Cheese, fresh fruit	Carrots & Celery Sticks / Ranch Dippers
	<b>Salad Bar (Lunch)</b>	Garden salad	Garden salad		Greek salad	Salad Bar	Garden salad	Caesar salad
		Water and pink lemonade	Water and Grape Punch	Water and fruit punch	Water and lemonade	Water and Grape Punch	Water and Cherry punch	Water and Fruit Punch
	<b>Lunch (Dessert)</b>	Cake and icing (No ice cream this time)	Giant Chocolate Chip Cookies	churros	Chocolate Pie	Cookies	Worms and Dirt	Ice Cream Sandwiches/GF DF Ice Cream
	<b>Subs</b>	GF Chicken, Veg meatless option, GF roll, GF Cake	Tofurkey/GF Bread/ GF Cookies	Sub Meatless Crumbles, GF dessert	GF bun, GF crustless choc pie	GF Bread	Veg Meatless Chicken, GF Chicken Breeding, GF Mac N Cheese	GF Crust/DF Cheese
<b>Meal Count</b>		130	130	130	130	130	130	130
<b>Dinner</b>	<b>Dinner (Main)</b>	Circus in Sr. -- Jr Eats in Sr.	Alfredo w/ Diced Chicken	Sweet-N-Sour Chicken	6 pm cookout	Chicken Parm	Baked Chicken	Roast Beef
					Hamburgers hot dogs, buns/GF buns, cheese slices	Red Sauce	Gravy	w/ Gravy
	<b>Sides (Dinner)</b>		Roasted Broccoli	Fried Rice w/ Peas & Carrots, Stir Fried Veggies	lettuce tomatoes pickles onions baked beans cole slaw, assorted bagged chips	Pasta in Olive Oil	Rice, Mixed Vegetables	Green beans, mashpotatoes, squishy rolls, gravy, traditional frozen fruit salad
	<b>Salad (Dinner)</b>		Garlic Bread	Veggie Egg Rolls	mustard, mayo, ketchup	Garlic Bread	Dinner Rolls	Dinner Rolls
			Cesar Salad	Garden salad		Mixed Greens Salad	Full Salad Bar	Frozen fruit salad
		Water and Grape Punch	Water and fruit punch	Water and lemonade	Water and lemonade	Water and Grape Punch	Water and Cherry punch	Water and Fruit Punch
			GF Pasta, GF Bread	Meatless Chicken, Soy Free Grilled Chicken	Veggie burgers and dogs	GF Breading, DF Cheese, GF Bread, Veg Chicken, gf Pasta	Veg Meatless Chicken, GF Gravy, GF Rolls	Veg Meatless Chicken, DF Mash/Roasted Pots, GF Rolls, GF Gravy
				overnight				
<b>Notes</b>		<b>Kitchen Off</b> after lunch is cleaned up. We invite you to join us for the Circus in Sr.			*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."----JR OVERNIGHT ---SMores (marshmallow x2, Chocolate icing, graham crackers, GF Graham crackers) ready to travel out to camp site.	<b>NOTE: Kitchen Off</b> after breakfast and Grunch are prepared Until Dinner prep.		Popsicles for HoDown After dinner

## TN - Camp Nakanawa - Junior 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>		130	130	130	130	130	130	130
<b>Breakfast</b>	<b>Main</b>	8:00 Nakanawa Coffee cake/ GF coffee cake, scrambled eggs	Scrambled eggs, yogurt parfaits, blueberry muffins	French Toast/GF French Toast with fruit	Scrambled eggs, croissants, GF option, ham patty, vegan sausage, hashbrowns	Baked Apples	Scrambled eggs, Toast, GF Toast, bacon, veg bacon	Cinnamon Rolls/GF Cinnamon Rolls
	<b>Sides</b>	Bacon, Veg bacon, applesauce, cantaloupe, butter	Breakfast Potatoes, Fresh Fruit	Scrambled Eggs, Breakfast Tots, Bacon/Veg Bacon	Fresh Fruit	Sausage Patties/bacon, veg sausage patties, Grits, Biscuits, butter, honey, jelly	Breakfast Potatoes, Fresh Fruit	Scrambled Eggs, Breakfast Tots, Sausage Links & 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>		130	130	130	130	130	130	130
<b>Lunch</b>	<b>Lunch (Main)</b>	Oven Roasted chicken	Chicken Tenders	Ground Beef & Shredded Chicken soft tacos	Pizza	GRUNCH - Counselor Serve	Grilled Cheese or Hot Ham/Turkey & Cheese	Hamburgers
		rice, gravy, brocolli, rolls	Assorted Dipping Sauces	Corn Tortilla Chips, Guac, Sour Cream, Salsa, Nacho Cheese, Flour and Corn tortillas	Cheese, Veggie, Pepperoni or Sausage	Grunch - turkey, ham, wraps, PBJ, LTOP, Sliced Cheese	chips	French fries (waffle)
	<b>Side (Lunch)</b>		Mac N Cheese, fresh fruit	Black Beans, Black Olives, Pickled Jalapenos, Spanish Rice	Carrots & Celery Sticks / Ranch Dippers	mayo, mustard, ranch, chips, sunbutter	Broccoli Salad, Fresh Fruit	Watermelon slices, corn on the cob
	<b>Salad Bar (Lunch)</b>	Mixed Greens Salad	Garden salad	Lettuce, Tomato	Caesar Salad	Salad Bar	Garden salad	Garden salad
		Water and pink lemonade	Water and Grape Punch	Water and fruit punch	Water and lemonade	Water and Grape Punch	Water and Cherry punch	Water and Fruit Punch
	<b>Lunch (Dessert)</b>	ice cream and marble cake with icing	S'mores Brownies	Churros	Chocolate pie	Cookies	Strawberry Shortcake	Mud Pie/Mousse Pie
	Meatless Chicken, GF Gravy, GF Rolls	Veg Meatless Chicken, GF Chicken Breeding, GF Mac N Cheese, GF S'mores Brownie	Meatless Crumbles, DF Cheese	GF Pizza, GF Ceasar, GF Crustless Choco pie	GF Bread	DF Cheese, Tofurkey, GF Bread	GF Bread, Black Bean Burger, DF Cheese	
<b>Meal Count</b>		130	130	130	130	130	130	130
<b>Dinner</b>	<b>Dinner (Main)</b>	Buffet Grunch Supper	BBQ Chicken	6:00 pm VALKAZON	Meatloaf and mashed potatoes	Chicken Nuggets	Chicken Parm	Roast Beef
		Bread and Wraps, Sliced Deli Meats, Lettuce, Tomato, Onion, Pickles, Peanut Butter & Jelly	Green Beans, Corn on the Cob BIG Biscuits, Butter	Hot Dogs/ Veggie Dogs/ Buns/GF Buns			Red Sauce	Onion rings, squishy rolls, green beans, gravy
	<b>Sides (Dinner)</b>	Apples, Chips, Cookies		Baked Beans, Cole Slaw, Apples, Chips, Mayo, mustard, ketchup,	carrot fries, dinner roll	Tater Tots, Peas & Carrots, Ketchup	Pasta in Olive Oil	
	<b>Salad (Dinner)</b>	Full Salad Bar	Unfrozen Fruit Salad		Greek Salad	Garden salad	Caesar Salad	Frozen fruit salad
		Water and pink lemonade	Water and Grape Punch	Water and fruit punch	Water and lemonade	Water and Grape Punch	Water and Cherry punch	Water and Fruit Punch
<b>Subs</b>	Tofurkey, GF Rolls, GF Wraps	GF Rolls	Ice Cream Cups and extra spoons	GF Meatloaf, GF Rolls		GF Breeding, DF Cheese, GF Bread	GF/DF Gravy, GF Rolls, Veg Grilled Portobellos	
<b>Notes</b>			<b>NOTE:</b> Jr Counselors to eat at the Big House in Sr. Prepare This meal for 40 people to be transported to SR at 5:00 - 5:30PM. The rest of the meal to be served to campers in DH with 20 Sr Counselors and older campers. Please send also: Divided Plates, Knife, Fork Spoon, Napkins Cups, Trash Bags, Serving Spoons, Hot Pads	<b>NOTE:</b> Food to be transported outside. Please have ready to go so it stays warm. Guys will pick it up about 5pm. Ice Cream will be picked up when needed. --- <b>Pack</b> Divided plates, Knife fork spoon set, paper towels, extra napkins, plastic cups, Water and punch in igloo dispensers, Must have plenty to drink. Need hot pads, trash bags, Serving utensils.		<b>6th Grade Trip Day:</b> Counselors will pack their lunch and lots of snacks and fruit, Gatorade and water jugs,--- <b>NOTE: Kitchen Off</b> after breakfast and Grunch are prepared Until Dinner prep.		

## TN - Camp Nakanawa - Junior 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>		130	130	130	130	130	130	138
<b>Breakfast</b>	<b>Main</b>	8:00 Nakanawa Coffee cake/ GF coffee cake, scrambled eggs	French Toast/GF French Toast with fruit	Cheesy Scrambled eggs, blueberry muffins, GF Muffins	7:30 Buffet ---Pancake Breakfast/ GF Pancakes -- Campers come in PJs through the line. Last call is 8:15.	Baked Apples	Oatmeal/GF Oatmeal, & Yogurt Bar w/ Assorted Toppings/ toast/ GF Toast	Scrambled Eggs with cheese, toast,GF Toast
	<b>Sides</b>	Bacon, Veg bacon, applesauce, cantaloupe, butter	Scrambled Eggs, Breakfast Tots, Bacon/Veg Bacon	Breakfast Potatoes, Fresh Fruit, Bacon, Veg Bacon	syruop, link sausage/bacon/ veg sausage link, fruit, butter	Sausage Patties/bacon, veg sausage patties, Grits, Biscuits, butter, honey, jelly	Scrambled Eggs, Bacon/Sausage, Fresh Fruit, butter, jelly	Hashbrowns, Bacon/Sausage, - Veg Bacon/Sausage, 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
<b>Meal Count</b>		130	130	130	130	130	130	70
<b>Lunch</b>	<b>Lunch (Main)</b>	Baked chicken quarters	Lasagna, meat/cheese	Grilled chicken	Spaghetti with marinara and meat sauce	Chicken Tenders	Alfredo w/ Diced Chicken	Grunch Bread and Wraps, Sliced Deli Meats, LTOP, Peanut Butter & Jelly Apples, Chips, Mayo, mustard, Ranch Garden salad Water and Fruit Punch Tofurkey, GF Rolls, GF Wraps Cookies
		Rice & Gravy	Broccoli			Assorted Dipping Sauces		
	<b>Side (Lunch)</b>	Broccoli, Squishy Rolls	Garlic Bread	Roasted Sweet Potato Wedges, orange slices, tortillas on side	Green beans, texas toast	Mac & Cheese, Fresh Fruit	Roasted Broccoli	
	<b>Salad Bar (Lunch)</b>	Garden, Salad	Caesar Salad	Caesar Salad	Caesar salad	Garden salad	Caesar Salad	
		Water and pink lemonade cake with icing and ice cream	Water and Grape Punch	Water and fruit punch	Water and lemonade	Water and Grape Punch	Water and Cherry punch	
	<b>Lunch (Dessert)</b>		Brownie	Giant Chocolate chip cookies	Chocolate Pie	Apple Cobbler	Rice Crispie Treats	
	<b>Subs</b>	GF Gravy, GF Rolls, Veg Meatless Option	GF Lasagna, GF Ceasar, GF Brownie	GF Wrap, Meatless Chicken, DF Cheese	GF Spaghetti, GF Caesar, GF Toast, Veg - Meatless sauce, GF Crustless Choco Pie	Meatless Chicken, GF/DF Mac & Cheese, GF Chicken, GF/DF Cobbler Crust	GF Pasta, GF Bread	
<b>Meal Count</b>		130	130	130	130	130	130	
<b>Dinner</b>	<b>Dinner (Main)</b>	Buffet Grunch Supper	Chicken fajitas with pepper/onions	6 pm cookout	Alice Spring's Chicken	Roast Beef	Camper Banquet	camp buys pizza in Sr Camp
		Bread and Wraps, Sliced Deli Meats, Lettuce, Tomato, Onion, Pickles, Peanut Butter & Jelly	Chips & Queso, salsa, guacamole, Flour and Corn Tortillas	Hamburgers hot dogs, buns/GF buns, cheese slices		Onion rings, squishy rolls, green beans, gravy	Chicken Nuggets	
	<b>Sides (Dinner)</b>	Apples, Chips, Cookies	Spanish Rice	lettuce tomatoes pickles onions baked beans cole slaw, assorted bagged chips mustard, mayo, ketchup	Roasted Red Potatoes, Zucchini & Squash		Broccoli, Corn, butter	
	<b>Salad (Dinner)</b>	Full Salad Bar	Lettuce and Tomato		Salad	Frozen fruit salad	Dinner Rolls garden salad	
		Water and pink lemonade	Water and Grape Punch	Water and fruit punch	Water and lemonade	Water and Grape Punch	Water and Cherry punch	
	<b>Subs</b>	Tofurkey, GF Rolls, GF Wraps	GF/Corn Tortillas, DF Cheese & Sour Cream, Meatless Chicken or Crumbles	Veggie burgers and dogs	Meatless Chicken, DF Cheese, Facon, DF Ranch	Water & Fruit Punch	Veggie/GF Nuggets, GF Rolls, GF Cake, DF Ice Cream	
	Cookies				GF/DF Gravy, GF Rolls, Veg Grilled Portobellos	White or Yellow Cake with Chocolate Icing and Ice Cream		
<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 Free Swim: Brownies, Ice Cream Cups, Sodas(Coke, DP, DC, Sprite)	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.				