

## 3-Day 2 Night Fisher Towers Basic Menu

This is a listing of the menu items that we provide. We do not make substitutions to our menu. Please let us know ahead of time by email of any food allergies and then remind the guides as they start to fix the meal so adjustments can be made to the food preparation (ie keeping croutons out of the salad, providing a vegetarian sauce, keeping peanut butter off the serving table until the participant has gone through). If the allergy is severe other precautions will be taken. Any participants with a food allergy, sensitivity, or dietary requirements are encouraged to bring any substitutions to supplement what we are providing in their own coolers. As space is available, we may move it to our larger coolers. This menu is subject to minor changes based upon the availability of some items.

### **Breakfast**

#### Day 2

Pancakes – (Pancake mix)  
Canned Fruit  
Link Sausage  
Syrup

#### Day 3

French Toast –  
Eggs, milk, bread  
Sausage Patties  
Canned Fruit  
Syrup

### **Lunch**

#### Day 1 & 2

Sandwiches  
Meat  
Ham, Turkey, Roast  
beef  
Cheese  
Swiss, Provolone  
Veggies  
Lettuce, Tomato,  
onions, pickles, mayo  
Condiments  
Mayo, Mustard, Peanut  
butter, jelly  
Apples & Oranges  
Cookies

#### Day 3

Caesar Wraps  
Diced Chicken,  
Lettuce, tomatoes,  
croutons, parmesan  
cheese, creamy Caesar  
dressing, tomato basil  
wraps (tortillas)  
PB&J sandwiches  
Bread, Peanut butter,  
jelly  
Apples & Oranges  
Cookies

### **Dinner**

#### Day 1

Hamburgers –  
Patties, buns, American  
cheese, lettuce,  
tomatoes, onions,  
ketchup, pickles, mayo,  
Baked beans  
Potato chips  
Melons  
Cantaloupe, Honeydew,  
Watermelon  
Chocolate cake or  
chocolate pudding cups  
with Oreos

#### Day 2

Spaghetti  
Marinara sauce,  
hamburger, bell pepper,  
onions  
Green Salad  
Lettuce, tomato,  
croutons, salad dressing  
Garlic Bread  
Strawberry Shortcake.  
Shortcake, strawberries,  
whipped cream