

2025 CAROLINA CONFERENCE CAMP MEETING MENU / LAKE JUNALUSKA

MEAL	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	X	Scrambled Eggs with Peppers, Mushroom, spinach Alternative Sausage Buttermilk Biscuits and Gravy Cinnamon Swirl French Toast / Topping Bar Cheesy Grits Milk, Cereal, Fresh Fruit, Assorted Yogurt	Variety of Breakfast Sandwiches and Wraps Alternative Sausage Buttermilk Biscuits and Gravy Waffles / Topping Bar Breakfast Potatoes Milk, Cereal, Fresh Fruit, Assorted Yogurt	Scrambled Eggs Alternative Sausage Buttermilk Biscuits and Gravy Pancakes / Topping Bar Oatmeal with Cinnamon and Apples Milk, Cereal, Fresh Fruit, Assorted Yogurt	Variety of Quiches Alternative Sausage Buttermilk Biscuits and Gravy Cinnamon Buns Grits Milk, Cereal, Fresh Fruit, Assorted Yogurt	Scrambled Eggs with Peppers, Mushroom, spinach Alternative Sausage Buttermilk Biscuits and Gravy French Toast Breakfast Potatoes Milk, Cereal, Fresh Fruit, Assorted Yogurt	Scrambled Eggs Alternative Sausage Buttermilk Biscuits and Gravy Pancakes with Toppings Bar Blueberry Oatmeal Milk, Cereal, Fresh Fruit, Assorted Yogurt	Variety of Breakfast Sandwiches Alternative Sausage Buttermilk Biscuits and Gravy French Toast Sticks Grits Milk, Cereal, Fresh Fruit, Assorted Yogurt
LUNCH	X	Mushroom Stroganoff Grilled Eggplant steaks Egg Noodles Provencal Tomato	Spring Vegetable Ragout Vegetarian Chili Jasmine Rice Fried Okra	Manicotti with Pesto Cream Sauce and Roasted Cherry Tomato Vegetarian Lasagna	Sesame Crisped Eggplant with Snap Peas and sweet onion teriyaki Tofu Teriyaki with	Eggplant Rollatini Mushroom Cappellacci Roasted Red Herbed Potatoes	Stuffed Portobello Crispy Seitan with Lemon Caper Sauce Spring Vegetable Quinoa	

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		Roasted Cauliflower French Bread Stick Salad	Roasted Root vegetables Wheat Roll	Grilled Zucchini and Summer Squash Roasted Broccoli with Garlic Butter House made Garlic Bread Salad	Pineapple and Scallion Basmati Rice Asian Vegetable stir-fry Soba Moodle Salad Sesame Sweet buns Salad	Roasted Butternut Squash Soba Noodle Salad Artisan Sourdough Rolls Salad	Cauliflower Gratin Crispy Brussel sprouts with Apple Cider Vinegar Reduction and Parmesan Artisan Rolls Salad	
SUPPER	Seared Seitan with Mushroom cream sauce Zucchini lentil cakes Potato dauphine Ratatouille Artisan Roll Salad	Vegan Bratwurst Impossible Burgers and Gilled Portobello Sweet Potato Fries Sauteed Seasonal Veg. Brioche Bun and Pretzel Roll Salad	Stuffed Peppers Grilled Marinated Tofu Roasted Rosemary Redskin Potato Lemon Glazed Asparagus Southern Yeast Roll Salad	Broccoli Cheddar Quiche Tomato Pie Herb and Parmesan Sidewinder fries Fried Okra French Bread Sticks Salad	Black bean Burger Vegan Meatloaf Redskin Mashed Potato Sauteed Mixed Vegetables Pasta Salad with Balsamic Brioche Buns	Alt. Chicken Pot Pie Vegan Meatloaf Baked Potatoes and Fix-ins Sauteed Green Beans and Cherry Tomato Butter Pasta Salad With Balsamic	Crispy Tofu with Balsamic Reduction and Basil Roasted Eggplant And feta and red pepper flatbread Rigatoni with Spinach, Roasted Garlic, Olives, Zucchini and Cherry Tomatoes Marinated Sweet Mini Peppers Garlic Knots	

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					Salad	Brioche Buns and Sweet Hawaiian Rolls Salad	Salad	