



# Camp MagniPHEque Ganaraska Forest Center

March 8-10, 2024

## Beverage Stations

### Self Serve

Tea & Coffee

Infused Waters, Ice tea, Lemonade, Apple juice

\*Don't forget to bring your own formula needs to camp

## Friday Dinner

**Not provided.** Please come with a full tummy.

## Friday Evening Snack

Hot Dogs and Not Dogs

## Saturday Breakfast

### Traditional:

Cheese Omelette

Sausage

### All

Home fries

Fruit Salad

### Low Protein

Crustless Quiche

[Cook for Love - Crustless Cheese Mini Quiche](#)

Roasted Vegetable





## Saturday Lunch

### Traditional

Mac and Cheese

### All

Tomato and Carrot Soup

[Low Protein Foods Recipes | Ajinomoto Cambrooke](#)

Veggies & Dip

### Low Protein

Mac and cheese

[Cook for Love - Baked Mac & Cheese](#)

[Cook for Love - CFL House Ranch](#)

### Dessert:

Brownie

[Cook for Love - Brownies](#)

## Saturday Snack

Muffins and Fruit

## Saturday Dinner

### Traditional:

Shepherd's Pie

### All:

Served with

Grilled Vegetables

Garden Salad Bar

### Low Protein:

Mushroom Shepherd's Pie

[Cook for Love - Shepherd's Pie](#)

### Dessert

Pumpkin Cheesecake

[Cook for Love - No Bake Pumpkin Cheesecake Bites](#)

## Saturday Evening Snack

Nachos and Salsa

## Sunday - Breakfast

### Traditional:



Pancakes  
Bacon

**All:**

Fruit Salad

**Low Protein:**

Pancakes

[Cook for Love - Cook for Love Pancakes](#)

Bacon

[Cook for Love - Hooray Bacon](#)

[Facebook](#)

## Sunday Lunch

**Traditional:**

Chicken Bruschetta Wrap

**All:**

Veggies & Dip

Apple Cabbage Coleslaw

[GMP MIX-IN Slaw Recipe.pdf \(canpku.org\)](#)

**Low Protein:**

Chicken Bruschetta Wrap using

[Cook for Love - KFC- Kentucky Fried Cauliflower](#)

And Bruschetta (tomato red onion garlic basil)

Chocolate Chip Cookie

[Cook for Love - Chocolate Chip Cookies](#)

[Wraps](#)

