

3-Day 2 Night Fisher Towers Basic Menu

Some substitutions may be made based on availability of items. When food allergies are known ahead of time, adjustments will be made to the food preparation (ie keeping croutons out of the salad). If the allergy is severe other precautions will be taken as outlined in our Severe Food Allergy protocol. Any participant with a food allergy or sensitivity is welcome to bring any substitutions they choose in their own coolers.

Breakfast

Day 2

Blueberry Pancakes –
Pancake mix, frozen or
canned blueberries
Canned Fruit
Link Sausage
Syrup

Day 3

French Toast – Eggs, milk,
bread
Ham
Canned Fruit
Syrup

Lunch

Day 1

Ham & Swiss Sandwiches
Lettuce, Tomato, onions,
pickles, mayo
Apples & Oranges
Cookies
Peanut butter and Jelly
available

Day 2

Roast Beef & Provolone
Sandwiches
Apples & Oranges
Cookies
Peanut Butter and Jelly
available

Day 3 – At warehouse

Chicken Caesar Wraps
Tortillas, diced chicken,
lettuce, tomato, croutons,
Parmesean Cheese, Ceasar
Dressing, Apples &
Oranges, Cookies
Peanut Butter and Jelly
available

Dinner

Day 1

Hamburgers – patties,
buns, American cheese,
lettuce, tomatoes, onions,
ketchup, pickles, mayo
Green Beans Almondine –
green beans, cream of
mushroom soup, almonds,
seasonings.

Melon Bowl or wedges–
Watermelon, cantaloupe,
honeydew, pineapple
chunks
Chips
Chocolate Cake or
Brownies or donuts

Day 2

Spaghetti – Marinara
sauce, hamburger, bell
pepper, onions
Green Salad – lettuce,
tomato, croutons, salad
dressing
Garlic Bread
Strawberry Shortcake –
shortcake, strawberries,
whipped cream or
chocolate pudding cups
with oreos