

CAMP ALEXANDRA MENU

Serving healthy, nutritious meals since 1916

All meals are served buffet style and include, selected juices, water, coffee, & assorted teas.

COUNTRY STYLE BREAKFASTS

All breakfast selections include assorted cold cereals, yogurt and fresh fruit

French Toast or Pancakes served with maple syrup and your choice of sausage or bacon

Veggie Scramble served with tofu, fresh vegetables, country potatoes and toast

Cheddar & Herb Scrambled Eggs with toast and your choice of sausage or bacon

Frittata (baked omelet) served with toast and your choice of sausage or bacon

Continental – Pastries, bagels, croissants, and scones served with fresh preserves

Please choose ONE menu selection for the group

LUNCH SELECTIONS

All lunch selections include your choice of soup or salad, dessert

Assorted Sandwiches and Wraps

A selection of deli roast beef, turkey, ham and vegetarian

Classic Quiche

*Ham, Swiss Cheese and Onions or
Vegetarian option made with onion, feta, and sundried tomatoes*

Spanokopita

Filled with spinach, feta cheese in a light crispy pastry

Chicken Caesar Pita Pocket

Filled with tender chicken, fresh cucumbers, lettuce, Caesar dressing

Hearty Country Chili

*Your choice of vegetarian or meat
Served with garlic bread*

Please choose ONE menu selection for the group

DINNER SELECTIONS

All dinner selections include your choice of a salad, side dish, vegetable and a dessert

Tender Chicken Breasts

Your choice of either Teriyaki Sesame, Curried Mango or Caribbean Jerk Chicken

Vegetarian Lasagna (Meat option also available)

Made with fresh vegetables in a tomato, onion garlic sauce smothered in mozzarella cheese

Sunset Pasta

*Penne pasta with our classic meat sauce, alfredo or primavera sauce
Served with a variety of fresh breads*

Old Fashioned Roast Beef
Slow roasted crusted with Dijon and cracked pepper
Served with rolls

Souvlaki – Chicken, Beef or Pork
Two marinated skewers served with pita bread and tzatziki

West Coast Wild Salmon
(Please add \$2 for this choice)
Herb baked or Barbequed

Children's Favorite
Baked Chicken Fingers served with oven-baked fries, cut fresh veggies and choice of salad

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SOUPS, SALADS, SIDE DISHES, AND VEGETABLES

SOUPS - Lunch Only

Beef or Vegetable Barley
Red Roasted Pepper
Thai Curry Chicken

Chicken Noodle
Carrot Ginger
Split Pea with Ham

FRESH SALADS

Tossed Green Salad
Marinated Broccoli & Cauliflower Salad
Spinach Salad

Caesar Salad
Thai Noodle Salad
Coleslaw

SIDE DISHES

Rice (jasmine or basmati)
Rice Pilaf
Oven Roasted Herb Potatoes

Scalloped Potatoes
Garlic Mashed Potatoes
Oven Baked Fries

VEGETABLES

Sautéed Green Beans
Honey & Ginger Glazed Carrots
Variety of fresh cut veggies

Grilled Zucchini, Peppers & Onions
Broccoli or Cauliflower with Seasoning
Grilled or Steamed Asparagus(in season)

Guests can choose ONE menu selection for the group

DESSERTS

Sorbet & Biscuit
Cranberry or Banana Loaf

Lemon Squares
Home Baked Cookies

Fruit Crisp Al a Mode
Freshly Cut Seasonal Fruit Platter

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COFFEE BREAKS & SNACKS

Freshly Brewed Coffee, Assortment of Teas, Juices and Hot Chocolate

Home baked fruit or Savory Scones

Assorted Fresh Muffins

A variety of baked cookies

Home baked squares or loaves

Guests can choose ONE menu selection for the group

APPETIZERS

Guests may choose any number of appetizers at an additional charge per person.

Veggie Tray with two dips and chips

Hot Spinach & Artichoke Dip with Tortilla chips

Creamy Spinach Dip with breads and crackers

Assorted Cheese Platter with a variety of crackers

Assorted Fresh Sliced Fruit Platter

Mediterranean Hummus and Tzatziki & Pita Bread