



VERNONIA, OR
DISCOVER THE GOOD

Camp Cedar Ridge is proud to offer
Vegan and Gluten Free Menu Options

Sample Menus

DISCOVER THE GOOD FOOD

Breakfast is served with coffee, tea, juice, milk and a variety of non-dairy milks and a fruit and yogurt bar with homemade granola (vegan, gluten free).

Lunch and Dinner are served with coffee, tea, iced tea, fruit punch, lemonade & herb / fruit infused water and a salad bar which includes a combination of spring mix, baby spinach, cabbage, vegetables, nut toppings, cheeses and a tasty variety of plant-based proteins such as lentils, peas, chickpeas & other beans, and chia, hemp & pumpkin seeds.

Standard	Breakfast	Lunch	Dinner	Snack	
	Pancakes Vegan, Gluten Free Pancakes Canadian Bacon Breakfast Burritos with homemade salsa and grilled vegetables Country Potatoes	BBQ Burgers or Black Bean Burgers Baked Beans Hot Potato Bar with Turkey or Vegan Chili Homemade Cookies Vegan and Gluten Free Cookies Ice Cream and Popsicles	Chicken or Tofu mix Tacos Rice and Beans Roasted Turkey Breast or Tofurkey Mashed Potatoes and Gravy Green Beans Cinnamon Churros or Flan Carrot Cake Vegan, Gluten Free Carrot Cake	Carrot Sticks and Ranch Apple Slices/ String Cheese Popcorn Vegetable or Fruit Platters with Dip Cheese and Cracker Tray S'mores	
	Retreat	Breakfast	Lunch	Dinner	Snack
		Scrambled eggs with cheese, grilled onions & bell peppers Or Vegan Scramble Camp Cedar Ridge Cinnamon Roll or Triple Berry Quinoa Bake (Vegan and Gluten Free) Fruit and Yogurt Bar	Red Lentil Dahl/Lentil Curry Meatballs Coconut Rice Naan and Pita Bread Lemon Bars (Vegan and Gluten Free)	Roasted Kabobs: Vegetable, Chicken or Beef Garlic Butter or Vegan quinoa Double Chocolate Cake with Walnuts (Vegan and Gluten Free)	Hot Spinach and Artichoke Dip Bread Rounds/ Tortilla Chips Grilled Stuffed Jalapeños Baked Potato Skins with Cheddar and Bacon
Premium	Breakfast	Lunch	Dinner	Snack	
	Assorted Fresh Crepes with Fruit and Nut Butters Vegan and Gluten Free Crepes	Deli Sandwich Bar with a variety of deli meats, breads & cheeses, sliced onions, tomatoes, lettuce, pickles & olives Homemade Soups Berry Cobbler	Prime Rib with Homemade Horseradish Sauce or Braised Portobello Mushrooms Garlic Roasted Red Mashed Potatoes Roasted Broccoli Chocolate Raspberry Cheesecake	Charcuterie Board Baked Brie in a Bread Bowl with Fresh Fruit	
Brunch	Options				
	French Toast, Pancakes Sausage, Bacon, Canadian Bacon Turkey Sausage	Deep Dish Quiche Scrambled Eggs with Grilled Vegetables Cheese Enchiladas & Rice	Camp Cedar Ridge Cinnamon Rolls Triple Berry Quinoa Bake		

This is a **sample** menu.
If you have specific requests,
please contact us.
FoodService@CampCedarRidgeOR.org