

3-Day 2 Night Fisher Towers Basic Menu

This is a listing of the menu items that we provide. We do not make substitutions to our menu. Please let us know ahead of time by email of any food allergies and then remind the guides as they start to fix the meal so adjustments can be made to the food preparation (ie keeping croutons out of the salad, providing a vegetarian sauce, keeping peanut butter off the serving table until the participant has gone through). If the allergy is severe other precautions will be taken. Any participant with a food allergy, sensitivity, or dietary requirements are welcome to bring any substitutions to supplement what we are providing in their own coolers. As space is available we can move it to our larger coolers. This menu is subject to change a little based upon the availability of some items.

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