



Sylvan Hills Christian Service Camp

175 Sylvan Hills Road, Howard, PA 16841 (814) 355-5652

Treasurer's Office: PO Box 532, Lock Haven, PA 17745-0532

MENU SELECTIONS FOR WEEKEND RETREAT GROUPS

BREAKFAST

1. French toast, sausage, fruit, assorted dry cereals, instant oatmeal, milk, orange juice, coffee, tea.
2. Scrambled eggs, bacon, toast, fruit, assorted dry cereals, instant oatmeal, milk, orange juice, coffee, tea.
3. Baked oatmeal (choice of two: plain, apple/cinnamon or cranberry/walnut), fruit, assorted dry cereals, instant oatmeal, milk, orange juice, coffee, tea.
4. Fresh baked cinnamon rolls, biscuits & sausage gravy, assorted dry cereals, instant oatmeal, milk, orange juice, coffee, tea.

LUNCH

1. Sloppy joe sandwich, potato salad, tossed garden salad w/ Ranch/Italian dressings, cottage cheese, fruit, cookies or brownies (chef's choice), lemonade, coffee, tea.
2. Taco/salad bar: corn chips, ground beef taco meat, refried beans, lettuce, tomato, shredded cheddar cheese, sour cream, salsa, hot peppers, sliced olives, onions; cottage cheese, fruit, cookies or brownies (chef's choice), lemonade, coffee, tea.
3. Homemade vegetable soup, rolls, tossed garden salad w/ Ranch/Italian dressings, cottage cheese, fruit, cookies or brownies (chef's choice), lemonade, coffee, tea.
4. Pizza (choice of Plain, Pepperoni, Hawaiian and Buffalo Chicken), tossed garden salad w/ Ranch/Italian dressings, cottage cheese, fruit, cookies or brownies (chef's choice), lemonade, coffee, tea (could also be used as a supper meal).

SUPPER

1. Spaghetti with meatballs, garlic bread, tossed garden salad w/ Ranch/Italian dressings, cottage cheese, fruit, apple crisp w/vanilla ice cream, lemonade, coffee, tea.
2. Roasted turkey breast, mashed potatoes, gravy, steamed broccoli & carrots, tossed garden salad w/ Ranch/Italian dressings, cottage cheese, fruit, ice cream sundaes, lemonade, coffee, tea.
3. Baked ham, parsley potatoes, green beans, tossed garden salad w/ Ranch/Italian dressings, cottage cheese, fruit, apple crisp w/vanilla ice cream, lemonade, coffee, tea.

"And in that place many believed in Jesus."

John 10:42