

MENU GUIDE

LIONS BEAR LAKE CAMP



Contact Us:
traci@bearlakecamp.org
810-245-0726



2023

3409 N FIVE LAKES RD. LAPEER, MI 48446

bearlakecamp.org



2023

LIONS BEAR LAKE CAMP BREAKFAST & BRUNCH MENU

BREAKFAST ENTREES \$9.50

Entrees are served with Cereal, Yogurt, and side choices

- Pancakes – choice of fruit, potato, and meat
- Waffles – choice of fruit, potato, and meat
- Biscuits & Gravy – choice of fruit, potato, and meat
- French Toast – choice of fruit, potato, and meat
- Scrambled Eggs – choice of fruit, potato, bread, and meat
- Cheese Omelet
 - mushrooms, spinach, green onion, tomato, salsa
 - choice of fruit, potato, and meat
- Breakfast Sandwich
 - made with bread choice, meat choice, and egg
 - choice of fruit, and potato
- Breakfast Quiche
 - vegetarian or meat choice
 - choice of bread, potato, and fruit
- Egg Casserole
 - vegetarian or meat choice
 - choice of bread, potato, and fruit
- Breakfast Burrito
 - choice of meat
 - choice of potato, and fruit

All Breakfasts come with appropriate condiments.
Oatmeal may also be added to any breakfast at no additional charge.

BRUNCH MENU \$11.00

Includes:

- | | |
|------------------|-----------------|
| • Egg Casserole | • Fruit Choice |
| • Scrambled Eggs | • Meat Choice |
| • Cereal | • Potato Choice |
| • Oatmeal | • Bread Choice |
| • Yogurt | |

BREAKFAST SIDES

Meat Options

- Sausage Links
- Sausage Patties
- Bacon
- Ham
- For Omelets, Quiche, & Casserole:
Choose: Ham, Bacon, or Sausage Crumbles

Fruit Options

- Mandarin Oranges
- Apple Sauce
- Fresh Apples
- Peaches
- Pears
- Mixed Fruit
- Fresh Cut Seasonal Fruit
- Pineapple
- Bananas

BREAKFAST SIDES

Bread Options

- Bagels
- English Muffins
- Cinnamon Rolls
- Assorted Muffins
- Danishes

Potato Options

- Shredded Hashbrowns
- Seasoned Cut Potatoes
- American Fried Potatoes
- Cheesy Hashbrowns

Additional Options

- Yogurt Parfaits
- Oatmeal

2023

LIONS BEAR LAKE CAMP LIGHT LUNCH MENU

LIGHT LUNCH ENTREES \$10.00

Light Lunch Entrees include 2 Side Choices and 1 Dessert Choice.

- Pizza (Cheese, Pepperoni)
 - Breadsticks, Tossed Salad, Dessert
- Beef Nachos
 - Chips, Meat, Cheese, Lettuce, Tomato, Salsa
- Chicken Strips
- Turkey & Cheese Sub
 - Lettuce, Tomato, Condiments
- Hot Ham & Cheese Sandwich



LIGHT LUNCH SIDES

Vegetable Options

- Glazed Carrots
- Green Beans
- California Blend
- Corn
- Peas
- Baked Beans
- Peas & Carrots
- Broccoli
- Squash
- Veggie Tray

Potato Options

- French Fries
- Assorted Chips

LIGHT LUNCH SIDES

Salad Options

- Pasta Salad
- Potato Salad
- Coleslaw
- Tossed Salad
- Cottage Cheese & Fruit
- Spinach Salad with Strawberries

Dessert Options (Choose 1)

- Cookies
 - Chocolate Chip, PB, Oatmeal, Snickerdoodle, Glazed Sugar Cookie, No Bake
- Tarts
 - Vanilla, Coconut, Chocolate, Cheesecake
- Fruit Crisp
 - Apple, Cherry
- Cake- Yellow, Chocolate
 - vanilla or chocolate frosting
- Jello w/whipped topping
- Brownies
- Pudding
 - Chocolate or Vanilla
- Chef's Choice



2023

LIONS BEAR LAKE CAMP LUNCH/DINNER BAR MENU

LUNCH/DINNER BARS \$12.00

- **Taco Bar with Salad Bar**
 - Tortillas, Tortilla Chips, Homemade Chips, Refried Beans, Spanish Rice, Taco Meat, Chicken, Corn and Black Bean Fiesta, Lettuce, Cheese, White Queso, Guacamole, Tomatoes, Onion, Peppers, Nacho Cheese, Sour Cream, Salsa, Full Salad Bar, Churros, and Dessert
- **Baked Potato Bar with Salad Bar**
 - Baked Potatoes, Chili, Broccoli, Cheese, Bacon Bits, Peppers, Green Onion, Sour Cream, Butter, includes Full Salad Bar, and Dessert
- **Assorted Sandwiches and Salad Bar**
 - (Choice of 3) Ham, Turkey, Egg Salad, Tuna Salad, or Chicken Salad on Assorted Breads with condiments includes Full Salad Bar and Dessert
- **Assorted Sandwiches and Soup Bar**
 - (Choice of 3) Ham, Turkey, Egg Salad, Tuna Salad, and Chicken Salad on Assorted Breads with Condiments includes Choice of Two Soups and Dessert
- **Grilled Chicken Sandwich and Salad Bar**
 - Chicken Sandwich with Condiments includes Full Salad Bar and Dessert
- **Grilled Chicken Sandwich and Soup Bar**
 - Chicken Sandwich with Condiments includes Choice of Two Soups and Dessert

LUNCH/DINNER BAR SIDES

Soup Options

- Chicken Noodle
- Chicken Rice
- Tomato
- Vegetable
- Cream of Potato
- Broccoli & Cheese
- Cream of Mushroom
- Beef Noodle
- Chili
- Vegetarian Chili

Salad Bar Options

- Includes salad mix, assorted dressings, croutons, bacon bits, egg, cheese, chickpeas, cucumber, tomato, beets, peppers, cottage cheese

LUNCH/DINNER BAR SIDES (1B-6B)

Dessert Options (Choose 1)

- Cookies
 - Chocolate Chip, PB, Oatmeal, Snickerdoodle, Glazed Sugar Cookie, No Bake
- Tarts
 - Vanilla, Coconut, Chocolate, Cheesecake
- Pie
 - Apple, Pumpkin, Cherry, Lemon
- Fruit Crisp
 - Apple, Cherry
- Cake- Yellow, Chocolate
 - vanilla or chocolate frosting
- Jello w/whipped topping
- Strawberry Shortcake
- Brownies
- Pudding
 - Chocolate or Vanilla
- Chef's Choice

2023

LIONS BEAR LAKE CAMP LUNCH/DINNER MENU

LUNCH \$11.00 DINNER \$12.00 ENTREES

DINNER INCLUDES SALAD BAR.
SALAD BAR MAY BE ADDED TO LUNCH
FOR AN ADDITIONAL \$1.00 PER PERSON

- **Bone-in Chicken (Seasoned Baked)**
 - Choice of Potato, Vegetable, Bread, and Dessert
- **Chicken Marsala**
 - Choice of Potato, Vegetable, Bread, and Dessert
- **Lasagna (Cheese, Meat or Vegetable)**
 - Choice of Vegetable, Bread, and Dessert
- **Meatloaf**
 - Choice of Potato, Vegetable, Bread and Dessert
- **Beef Tips & Gravy**
 - Choice of Egg Noodle or Whipped Potato, Vegetable, Bread, and Dessert
- **Chicken and Vegetable Stir Fry served with Rice**
 - Choice of Bread and Dessert
- **Baked Ziti with or without meat**
 - Choice of Bread and Dessert
- **Chicken Alfredo served with Broccoli**
 - Choice of Bread and Dessert
- **Chicken or Cheese Quesadilla served with Rice**
 - Choice of Vegetable and Dessert
- **Swedish Meatballs with Mushroom Gravy served with Noodles**
 - Choice of Vegetable, Bread, and Dessert
- **Cheeseburger/Turkeyburger**
 - Choice of Potato, Vegetable, Bread, and Dessert
- **Sliced Glazed Ham**
 - Choice of Potato, Vegetable, Bread, and Dessert
- **Pulled Pork**
 - Choice of Potato, Vegetable, Bread, and Dessert

LUNCH/DINNER SIDES

Vegetable Options

- Glazed Carrots
- Green Beans
- California Blend
- Veggie Tray
- Peas/Carrots
- Corn
- Peas
- Baked Beans
- Broccoli
- Squash

Potato Options

- Whipped Potatoes
- Buttered Red Skins w/Sour Cream
- Au Gratin
- Scalloped
- Roasted Sweet Potatoes
- French Fries
- Sweet Potato Fries
- Baked Potato with Butter/Sour Cream
- Cheesy Hash Browns
- Rice
- Noodles
- Macaroni and Cheese

Bread Options

- Dinner Roll
- Homemade Bread
- Breadsticks
- Garlic Bread
- Corn Bread

Dessert Options (Choose 1)

- Cookies
 - Chocolate Chip, PB, Oatmeal, Snickerdoodle, Glazed Sugar Cookie, No Bake
- Tarts
 - Vanilla, Coconut, Chocolate, Cheesecake
- Pie
 - Apple, Pumpkin, Cherry, Lemon
- Fruit Crisp
 - Apple, Cherry
- Cake- Yellow, Chocolate
 - vanilla or chocolate frosting
- Jello w/whipped topping
- Strawberry Shortcake
- Brownies
- Pudding
 - Chocolate or Vanilla
- Chef's Choice

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LIONS BEAR LAKE CAMP SNACKS & SAMPLE MENU

SNACKS

Available to groups arriving in the evening.
Price is determined by snack choices.

- Pizza (Cheese, Pepperoni)
- Assorted Vegetable Tray
- Assorted Meat, Cheese, Cracker Tray
- Fresh Fruit
- Ham Roll Ups
- Vegetable Roll Ups
- Turkey Sliders
- Chips
- Assorted Cookies

SAMPLE MENU

Please enter your meal choices on the attached pages. Be sure to include your side choices that are included with your chosen entrée. Feel free to note any questions and concerns you have with a meal so that they may be addressed ahead of time. We are looking forward to discussing your menu selections.

Meal: Friday Night Snack

Day and Date: Friday November 16

Entrée Choice: Vegetable Tray and Cheese and Crackers

Side Choices/Notes: none

Meal: Breakfast

Day and Date: Saturday, November 17

Entrée Choice: Breakfast Sandwich

Side Choices/Notes: Sandwich made with English muffin and Sausage Patty, American Fried Potatoes

Meal: Lunch

Day and Date: Saturday, November 17

Entrée Choice: Hot Ham and Cheese Sandwich Side Choices/Notes: Pasta Salad and Assorted Chips

Meal: Dinner

Day and Date: Saturday, November 17

Entrée Choice: Taco Bar

Side Choices/Notes: Can we Substitute Brownies for the cookies?

Meal: Brunch

Day and Date: Sunday, November 18

Entrée Choice: Brunch

Side Choices/Notes: Sausage Egg Casserole, Danishes, Bacon, Cubed Hashbrowns

DIETARY LIMITATIONS

If members of your group are in need of specific meal adjustments due to medical dietary limitations, we will do our best to accommodate. If we are unable to accommodate your requests completely, we will make available space in our kitchen for storage of personal foods, and make our area accessible so that all meals may be enjoyed comfortably and completely with the group

REQUESTING CHANGES TO THE MENU

Please note that if there are any adjustments you would like to see made to the existing menu, we are happy to discuss these. For the most part, adjustments that are cost comparable are simple to implement at no additional cost.

MEAL TIMES

Meal times are scheduled for 9am, 1pm, and 6pm, unless otherwise requested. Brunch is served at 10am.



Menu Selections

Organization/Name _____

Meal: _____

Day and Date: _____ Time _____

Entrée Choice: _____

Side Choices/Notes: _____

Meal: _____

Day and Date: _____ Time _____

Entrée Choice: _____

Side Choices/Notes: _____

Meal: _____

Day and Date: _____ Time _____

Entrée Choice: _____

Side Choices/Notes: _____

Meal: _____

Day and Date: _____ Time _____

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Meal: _____

Day and Date: _____ *Time* _____

Entrée Choice: _____

Side Choices/Notes: _____

Meal: _____

Day and Date: _____ *Time* _____

Entrée Choice: _____

Side Choices/Notes: _____
