



Camp Frenda Fixed Menu Choices

Two weeks prior to your group's arrival, please contact Joshua Hernandez, our Hospitality Services Director for menu planning. He can be reached at 905-320-0770 or by email: jhernandez@campfrenda.com

Sabbath Continental Breakfast

Hot Turnover Assortment
 Bagels and Cream Cheese
 Hard Boiled Egg
 Hot and Cold Cereals
 2% and Almond Milk
 Fresh Whole Fruit & Canned Fruit
 Whole Wheat Bread
 Juice and hot drinks

Sabbath Lunch Menu A

Lasagna
 Garlic Bread
 Corn
 Salad Bar
 Dessert*

Sabbath Lunch Menu B

Chicken Nuggets
 Fried Rice
 Spring Rolls
 Salad Bar
 Dessert*

Sabbath Lunch Menu C

Chick Pea Curry
 Rice
 Steamed Vegetables
 Salad Bar
 Dessert*

Dessert Choices: Assorted Cookies & Ice Cream; Apple Crisp; Carrot Cake or Brownies & Ice Cream

Sabbath Dinner Menu A

Burgers
 Cheese
 Potato Wedges
 Condiments
 Soup*
 Fresh Whole Fruit

Sabbath Dinner Menu B

Haystacks
 Chips
 Chile beans
 Condiments
 Soup*
 Fresh Whole Fruit

Sabbath Dinner Menu C

Pizza
 Tossed Salad
 Soup*
 Fresh Whole Fruit

Soup Options: Pea, Vegetable, Potato Leek

Sunday Breakfast A

Assorted Muffins
 Scrambled Eggs/Tofu
 Hash Browns
 2% and Almond Milk
 Hot and Cold Cereal
 Whole Wheat Bread
 Fresh and Canned Fruit
 Juice and Hot Drinks

Sunday Breakfast B

Assorted Muffins
 Pancakes with toppings
 Juice and Hot Drinks
 Hot and Cold Cereal
 2% and Almond Milk
 Whole Wheat Bread
 Fresh and Canned Fruit

Sunday Breakfast C

Assorted Muffins
 Waffles with Toppings
 Juice and Hot Drinks
 Hot and Cold Cereal
 2% and Almond Milk
 Whole Wheat Bread
 Fresh and Canned Fruit

***Please note, we are not a nut-free facility, so kindly let your group know about potential allergens in our menu. While we strive to accommodate dietary needs, we cannot guarantee any food to be free of nuts or other allergens.**