



The Camp Seafarer and Camp Sea Gull food service staff is dedicated to meeting the needs of all Y Guides participants, including those with dietary restrictions. Vegetarian and gluten-free options are available at every meal, and staff take all of the necessary steps to accommodate participants with food allergies. All items served in the dining facility are nut free. Please see a member of the dining hall staff for food alternatives.

We ask that if you or your Guide have any dietary restrictions to please update that information on your profile. This can be done by [logging on](#) to your account or by contacting our Customer Service at 919.719.9989.

### **FRIDAY**

#### **Ice Cream Social Buffet 8:00 P.M.**

Vanilla Ice Cream  
Strawberry Topping, Chocolate Sauce  
Caramel Sauce, Sprinkles  
Whipped Cream, Oreo pieces

### **SATURDAY**

#### **Family Style Breakfast 7:30 A.M.**

Scrambled Eggs with Sausage Patty  
Biscuits  
Fresh Melon Slices  
Cereals  
Milk, Juice, Water, Coffee

#### **Lunch Buffet 11:30 A.M.—1 P.M.**

Chicken Filet with a Bun  
Leaf Lettuce/Sliced Tomato  
Sliced Pickle  
Baby Carrots and Ranch  
Chips  
Chocolate Chip Cookie  
Apples and Oranges  
Lemonade and Water  
Veggie Burger Upon Request

### **SATURDAY CONTINUED**

#### **Family Style Dinner 6:00 P.M.**

BBQ Pork  
Macaroni & Cheese  
Whole Seasoned Green Beans  
Cornbread & Butter  
Spinach Salad  
Ranch & Balsamic Dressings  
Brownies with powdered sugar  
Milk, iced tea, water  
Roasted Portabella Upon Request

### **SUNDAY**

#### **Brunch Buffet 8:30-10:00 A.M**

Scrambled Eggs  
Biscuits (butter/jelly)  
Sausage Gravy  
Home Fries  
Bacon  
Fresh Fruit Tray  
Cereal Station  
Milk, Hot Chocolate, Coffee  
Juice and Water