

Y GUIDES

Dads • Sons • Daughters

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
Snickerdoodle Cookie
Apples and Oranges
Lemonade and Water
Veggie burger Upon Request

SATURDAY CONTINUED

Family Style Dinner 6:00 P.M.

Bowtie Pasta with Meaty Bolognese Sauce
Seasoned Broccoli
Whole Wheat Rolls
Spring Salad with Grape Tomato & Cucumber
Ranch & Balsamic Dressings
Warm berry cobbler
Milk, iced tea, water
Tofu 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