



# BEACH BASH

## Y GUIDES SPRING OUTING 2021

Camp Sea Gull and Camp Seafarer 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. Please see a member of the dining hall staff for food alternatives.

We ask that if you or your child have any dietary restrictions, 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.

Saturday night's dinner will be a grill out. Each building (which includes two cabins) will share a grill. That means that your Crew is welcome to bring its own grill if you'd prefer. Otherwise, you and the cabin next to you will need to coordinate cooking your food at different times. Don't worry, all of your meals will include all of your own serving utensils, cutlery kits, plates, extra napkins and garbage bags. The provided serving utensils and cutlery kits are plastic, so some participants may wish to bring their own grill tools with them for Saturday night's meal.

### SATURDAY MENU

#### Breakfast

Coffee & Hot Chocolate  
Build your own breakfast burrito: scrambled eggs, crumbled bacon, shredded cheese, flour tortillas.  
Fruit, juice, yogurt, cereal, milk.

#### Lunch

Burgers: Buns, lettuce, tomato, pickle, cheese, condiments. Pasta salad, chips, fruit, chocolate chip cookies, water.

#### Grill Out Dinner

BBQ ribs and roasted chicken thigh griller pack with a bag of charcoal. Roasted corn cobbettes, baked beans, cornbread with butter, tossed salad with ranch, house made BBQ sauce, baked cinnamon apples, water.

### SUNDAY MENU

#### Breakfast

Coffee & Hot Chocolate  
Buttermilk biscuits, sausage patties, scrambled eggs.  
Butter/Jelly  
Fruit, juice, yogurt, cereal, milk.



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