

Y GUIDES

Dads • Sons • Daughters

Camp Rockmont 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.

Please note, dinner is **not** provided on Friday evening. Grills for cooking food are **not** permitted at Camp Rockmont due to the threat of black bears.

SATURDAY

Breakfast Buffet 7:30– 8:30 A.M.

Scrambled Eggs with Sausage Patty
French Toast Sticks
Biscuits
Whole fruit
Milk, Juice, Water, Hot Chocolate, Coffee

Lunch Buffet 12- 1:30 P.M.

Taco Bar: Beef, Lettuce, Salsa, Sour Cream, Rice, Beans, Cheese, Jalapenos, Chips
Whole Wheat Wrap: turkey, shredded cheese, shredded lettuce, tomato
Spinach Wrap: roast Veg., lettuce, tomato
Lemonade and Water

Dinner Buffet 6– 7 P.M.

Rotisserie Chicken
Macaroni and Cheese
Grilled Corn in the Husk
Collard Greens
Creamy Coleslaw
Rolls and Butter
Chocolate Chip Cookies
Fruit Punch and Sweet Tea

SUNDAY

Continental Breakfast– 7 A.M. Cereal

Muffins
Whole Fruit
Coffee and Hot Chocolate

Brunch Buffet– 8-9:30 A.M.

Scrambled Eggs
Bacon
Yogurt and Granola
Biscuits and Gravy
Fruit Salad
Milk, Juice, Water, Hot Chocolate, Coffee