

Yisrael Canada

Menu

Passover/Feast of Unleavened Bread 2020

A good large breakfast will be served at 9 am and a hearty dinner at 4:30 PM. Snacks will be put out during the noon hour along with leftovers from the night before. No formal lunch will be served. Remember, no leavened will be served, this includes: yeast, baking soda and baking powder. We can accommodate vegan, vegetarian, gluten-free and some allergy sensitivities.

Thursday, April 2, 2020 - Dinner 4:30 pm

Baked Chicken
Roasted Vegetables
Rice Pilaf
Unleavened Flat Bread
Spinach Feta Salad with Poppy Seed Dressing

7 pm Communion

Unleavened Bread, Wine/Grape Juice

Friday, April 3, 2020 – Breakfast 9 AM

Eggs Florentine
Assorted Cereals, Fruit, Milks, Coffee, Teas, Etc.

Dinner 4:30 PM

Baked Vegetable Lasagna
Steamed Vegetable Platter
Salad w/ Italian Vinaigrette
Crème Brule

Shabbat, April 4, 2020- Breakfast 9 AM

Baked Peach Oatmeal Baked
Assorted Cereals, Fruit, Milks, Coffee, Teas, Etc.

Dinner 4:30 PM

Enchiladas (chicken, cheese and beef)
Black Beans
Spanish Rice
Chips & Salsa
Mexican Layered Salad w/ Cilantro Lime Vinaigrette
Apple Pie with Vanilla Ice Cream

Sunday, April 5, 2020 – Breakfast 9 AM

Huevos Rancheros – eggs over Corn tortillas with Beef Bacon
Rice & Beans
Assorted Cereals, Fruit, Milks, Coffee, Teas, Etc.

Dinner- 4:30 PM

Chicken Pasta Soup (Chickpea & Lentil Soup)
Spinach Feta Salad w/ Poppy Seed Dressing
Popovers
Chocolate No-Bake Squares

Monday, April 6, 2020 – Breakfast 9 AM

Beef, Potato & Egg Bake (No Beef for Vegetarians)
Assorted Cereals, Fruit, Milks, Coffee, Teas, Etc.

Dinner 4:30 PM

Chicken Stir Fry (Vegetable Stir Fry)
With Veggies and Rice
Egg Drop Soup
Veggie Nori Wraps
Coconut Tapioca Pudding with Mango and Lime

Tuesday, April 7, 2020- Breakfast 9 AM

Fried Eggs with Swiss Chard and potatoes
Assorted Cereals, Fruit, Milks, Coffee, Teas, Etc.

Dinner 4:30 PM

Beef Stroganoff (Gluten Free Pasta with Sauce)
Steamed Squash
Mixed Greens with Vinaigrette
Decadent Chocolate Flourless Cake

Wednesday, April 8, 2020- Breakfast 9 AM

Breakfast Tacos or Burritos
Assorted Cereals, Fruit, Milks, Coffee, Teas, Etc.

Dinner 4:30 PM

White Chicken Chili (Cream of Mushroom Soup)
Rice
Spinach Feta Salad w/ Poppy Seed Dressing
Honey Cheese Bars

Thursday, April 9, 2020- Breakfast 9 AM

Egg Frittata with turkey bacon and vegetables
Assorted Cereals, Fruit, Milks, Coffee, Teas, Etc.

Dinner- 4:30 PM

Pot Roast w/ Gravy (Lentil Loaf)
Mashed Potatoes
Steamed Carrots
Mixed Greens with Italian Vinaigrette
Lemon Bars

Friday, April 10, 2020-Breakfast 7 AM – Departure Day

Oatmeal
Assorted Cereals, Fruit, Milks, Coffee, Teas, Etc.

SNACKS- Served Daily

Fruit, Mixed Nuts
Charcuterie Board, Vegetable Platters
Chips & Dip, Hot Artichoke Dip, Barbeque Chicken Wings,
Popcorn, Desserts

*Please feel free to bring you own additional snacks (no leavened snacks like cookies, pretzels, etc.)
Fruit, rye crackers, matzah, cheeses, nuts, seeds, popcorn, rice cakes, desserts.

Sleeping Camping Supplies

The Fort - SABC

Bunk Bed Camp Style beds

Twin Mattress Cover- for added comforter or foam mattress cover

Twin Sheets, Pillows, pillowcase, Blankets, Towels, Washcloths

Toiletries – shampoo, conditioner, soap, razor, etc.

Additional items that could be helpful

Hair dryer, portable small heater

Southern Alberta Bible Camp is situated on the shores of beautiful Travers Reservoir only a few kilometers from Little Bow Provincial Park. We are adjacent to the Little Bow Resort.

Southern Alberta Bible Camp – The FORT

100 - 151002 RR213 Vulcan County, Lomond, AB T0L 1G0

Pricing for the camp is as followed: **(Does not include food pricing)**

Age 13 and over is \$32 for the first night and \$10 for each additional night.

Pricing for those ages 12 and under is \$28 for the first night and \$10 for each additional night.

Children age 4 and under no charge.

Example: (our family of 3, 2 adults, one child age 11) April 1-10 . 9 nights = \$332 total

2 adults, April 2-10, 8 nights = \$204 total

2 adults, child age 4, 13, April 2-10, 8 nights = \$336

2 adults, child age 3, 7, 8,10, 13, 17, 8 nights = \$772

Food will be calculated later depending on how many attend. We anticipate \$60 per person for the entire week (children under 4 no charge). We will be serving all ORGANIC and local food. Remember this is the Feast of Unleavened Bread. No bread or foods that include yeast, baking soda, baking powder such as cakes, cookies, tortillas, bagels, donuts, etc. We ask that every family please bring enough beverages and ORGANIC, like orange juice, grape juice, apple juice, grapefruit juice, Zevia sodas, all natural sodas, Raw or Organic milks, Almond, Cashew or Hemp milks and Spring Water.

Please bring grape juice for communion. We have some people attending who are sensitive to pesticides, SUGAR, wheat and gluten. Please let us know your allergies, disabilities or special needs. Our goal is to keep the cost as low as possible all the while serving good clean and wholesome food. The more people attend, the less food cost as we can buy in bulk.

Please bring twin bedding, sheets, mattress cover, pillows, blankets, towels, washcloths, appropriate clothing and toiletries. I like to bring rugs and put at the floor of the bed as the floors tend to be cold in the camps. I also bring a shower curtain and rings and rope to make a private dressing area in the room when you share with your children. Bring snacks for your children. You know how much your child eats and what they like.

A volunteer chart will be available for everyone to participate in running the camp meals, teachings and activities. There are many tasks involved in keeping the facility clean and running smoothly.

We look forward to meeting you all and having a wonderful time learning, sharing and spending time with Yahowshua/Jesus!