

Friday, August 21, 2009

Menu

Breakfast Buffet (California Dreaming Package)
(Omni, Vegan, Vegetarian)

Scrambled Eggs with Onions, Bell Peppers and Tomatoes
Turkey Bacon
Home Fries
Whole Grain Bran Muffins
Fresh Fruit
Hot Oatmeal with choice of Raisins, Brown Sugar and
Soy milk and regular milk
Coffee, Decaf or Hot Tea

Lunch Buffet – Two Entrée (Omni, Vegan, Vegetarian)

Meat Lasagna
Whole Wheat Pasta Primavera
Tossed Green Salad with Italian Vinaigrette (no cheese)
Coleslaw in a vinaigrette dressing
Waldorf Salad with Coconut Milk Dressing
Lemon Sorbet
Garlic Bread with Olive Oil and Garlic (no butter)
Coffee, Decaf or Iced Tea

Buffet Dinner – Two Entrée (Omni, Vegan, Vegetarian)

Teriyaki Chicken
Orange Tofu Asian Style
Vegetable Fried Rice (no egg)
Tossed Green Salad with Ginger Garlic Dressing
Chinese Salad with Mandarin Oranges and Almonds
Coleslaw with Soy Sesame Dressing
Marinated Veggies with Asian Vinaigrette
Waldorf Salad with Coconut Milk Dressing
Rolls and Butter (and vegan margarine)
Raspberry Sorbet
Coffee, Decaf or Iced Tea

Saturday, August 22, 2009

Menu

Breakfast Buffet (California Dreaming Package)
(Omni, Vegan, Vegetarian)

Scrambled Eggs
Turkey Bacon
Home Fries
Whole Grain Bran Muffins
Fresh Fruit
Hot Oatmeal with choice of Raisins, Brown Sugar and
Soy milk and regular milk
Coffee, Decaf or Hot Tea

Lunch Buffet – Two Entrée (Omni, Vegan, Vegetarian)

Vegetable Fajitas
Beef Fajitas
Spanish Rice (Vegetarian and Vegan)
Black Bean (Vegetarian and Vegan)
Coleslaw with Pepitas with Citrus Vinaigrette (no
grapefruit)
Tossed Green Salad with Cilantro Vinaigrette
Fresh Fruit Platter
Corn Tortillas (no lard) (Spelt tortillas for those with
gluten and corn allergies)
Salsa, Guacamole, Sour Cream
Mango Sorbet
Coffee, Decaf or Iced Tea

Buffet Dinner – Two Entrée (Omni, Vegan, Vegetarian)

Eggplant Parmesan (Soy Cheese)
Chicken Picata
Steamed Broccoli with no butter
Honey Glazed Carrots with no butter
Cucumbers and Tomato Salad
Tossed Green Salad with Italian Vinaigrette Dressings
Marinated Vegetables
Whole Grain Noodles with Olive Oil and Garlic
Chef's Choice Dessert (no butter), preferably fruit
selection
Garlic Bread with Olive Oil and Garlic (no butter)
Coffee, Decaf or Iced Tea

Sunday, August 23, 2009

Menu

Breakfast Buffet (California Dreaming Package) (Omni, Vegan, Vegetarian)

Scrambled Eggs with Onions, Bell Peppers and Tomatoes

Turkey Bacon

Home Fries

Whole Grain Bran Muffins

Fresh Fruit

Hot Oatmeal with choice of Raisins, Brown Sugar and Soy milk and regular milk

Coffee, Decaf or Hot Tea

In General

Ranch Dressing will be available for those who cannot consume citrus based dressings or vinegar based vinaigrettes.

Diabetics will need to monitor their own intake of high sugar items such as desserts.

For those with gluten and corn allergies, we will have spelt tortillas available for Saturday's lunch.

No foods have been prepared with lard or animal fat unless the food item contains meat in which case it will have minimum naturally occurring animal fat.

All of the menus have been planned with the assistance of a Vegan/Vegetarian Chef who specializes in the RAVE diet.