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# Whitewater Whirl Meal Plan Menu

• Preliminary Version as of January 2012 •

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	Breakfast	Lunch	Dinner
FRI			<b>6 – 7 PM</b> Bread Vegetable Soup (with and without beef) Cheese, sliced Butter Coffee, tea, juice
SAT	<b>7:30 – 8:00 AM</b> Coffee, Cream, Hot Water and Assorted Teas Bagels / Cream Cheese  <b>8:00 – 9:00 AM</b> Smoked Salmon Scrambled Eggs Parmesan Grits Sausage Patties Gluten-Free Breakfast Bars Fresh Fruit Granola with Yogurt Coffee, Tea, Hot Water Half and Half, Rice Milk, Soy Milk, Honey, Sugar	<b>11:30 AM – 12:30 PM</b> Chicken Salad Ham Salad Cuisants Chips Assorted Cookies  <b>Vegetarian</b> Tempe Salad Red Pepper Hummus Artichoke Heart Dip Broccoli Salad Cucumber Salad	<b>5:00 – 7:00 PM</b> Thai Buffet Mixed Field Greens, Tops Homemade salad dressing Bannans Coconut Milk
SUN	<b>8:00 – 9:00 AM</b> French Toast / Pancakes? Fresh fruit compote Sausage Patties Gluten-Free Breakfast Bars Coffee, Tea, Juice, Assorted Milks (Rice, Soy) Granola with Yogurt	<b>12:00 – 1:00 PM</b> Roll Your Own ... it's a Wrap party ... Hummus Chopped Vegetables Chef's amazing encore presentations Fresh Fruit Chips Water, Juice, Coffee, Tea	

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