
Whitewater Whirl 2010 Meal Plan Menu

	Breakfast	Lunch	Dinner
FRI			6 – 7 PM Traditional Scones made on site Vegetable Soup with and without beef Cheese, sliced Butter Coffee, tea, juice
SAT	7:30 – 8:00 AM Coffee, Cream, Hot Water and Assorted Teas Bagels Cream Cheese 8:00 – 9:00 AM 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	11:30 AM – 12:30 PM Stuff Them Hot Tacos Cheese (cow and goat) Taco filling for Omnivores and Carnivores Filling toppers: tomato, avocado, etc. Chips Gazpacho (if it turns cold its Tomato Soup !) Assorted Cookies	5:00 – 7:00 PM Chicken Breast - stuffed Enchilada Casserole Herb's Roasted Potatoes Penne Pasta with Spring Vegetables Mixed Field Greens, Tops Homemade salad dressing Rolls (wheat and non- wheat) Raw Chocolate Pie Brownies (wheat-free)
SUN	8:00 – 9:00 AM Coffee 8:00 – 9:00 AM French Toast Fresh fruit compote Sausage Patties Gluten-Free Breakfast Bars Coffee, Tea, Juice, Assorted Milks (Rice, Soy) Granola with Yogurt	12:00 – 1:00 PM Roll Your Own ... it's a Wrap party Hummus Nut Pate Chopped Vegetables Chef's amazing encore presentations Fresh Fruit Chips Water, Juice , Coffee, Tea	
