TENTATIVE CAMPMEETING MENU

THURSDAY

BREAKFAST

Biscuits, Cashew Gravy, Brown Lentils, Tofu Hash, Fruit

LUNCH

Cilantro Lime Rice, Black Beans, Lettuce, Pico de Gallo, Soy Curls, Cheez Sauce

SUPPER

Cobb Salad (Lettuce, Quinoa, Organic Corn, Tomatoes, Roasted Garbanzos, Avocados, Lemongrette Dressing)

FRIDAY

BREAKFAST

Pancakes, Mixed Berry Syrup, Tofu Scramble, Potatoes, Fruit

LUNCH

Mac & Cheez, Baked Tofu, Collards/Cabbage, House Salad, Cornbread

SUPPER

Falafels, Yellow Rice, Tzatziki Sauce, Cucumber Tomato Salad, Red Cabbage Salad, Hummus, Pita Bread

SABBATH

BREAKFAST

Avocado Toast, Organic Grits, Red Lentil Dahl, Fruit

LUNCH

Thai Curry, Brown Rice, Broccoli, Vegetable Spring Rolls, House Salad
Dessert: Strawberry Blueberry Lemon Pie

SUPPER

Popcorn, Smoothies, Watermelon, Yogurt Parfaits

SUNDAY

BREAKFAST

Belgian Waffles, Berry Compote, Chai Seed Pudding, Fruit

* Menu is 100% Plant-based.
* Menu is subject to change based on ingredients availability.
* Gluten-Free options will be made available for all meals.