

**Restriction Samples**

no dairy, no soy
vegetarian, vegan, gluten free
no red meat, no fat/oil
no peanuts
no mushroom

SAMPLE MENU**2 Nights, 6 Meals****Day 1****DINNER**

Pulled Roasted Chicken, Freshly Made Guacamole, Homemade Mexican Rice, Homemade Refried Beans, Fresh Corn & Flour Tortillas, Corn Chips, Fancy Shredded Cheddar Cheese, Chopped Romaine Lettuce, Diced Fresh Tomatoes, Diced Yellow Onion, Sour Cream, Green & Red Salsa, Grapes, Frosted Cake or Fruit Cobbler

Day 2

BREAKFAST Hand-crafted Vegan Sage Sausage Patties, Grilled Ham, Sliced Fresh Tomatoes, Hard Boiled Eggs, Old-Fashioned Oatmeal, Chopped Nuts, Raisins, Toast Assortment, Peanut Butter, Cold Cereals, Oranges, Bananas, Blueberries, Homemade Fruit & Veggie Smoothies, Milk Assortment, OJ

LUNCH Homemade Vegan Thai Corn Chowder, Homemade Albacore Tuna Salad & Tofu Salad, Salad bar, Bread/Bun Assortment, Melon & Strawberries, Regular & GF Brownies

DINNER Ronora's Lemon-Herb Roasted Chicken, Ronora's Lentil-Seed Burgers w/Homemade Whole Grain Mustard Sauce, Roasted Fennel Zucchini, Carrots, and Potatoes, Corn on the Cob, Salad Bar, Bread basket, Watermelon, Carrot Cake w/Homemade Cream Cheese Frosting

Day 3

BREAKFAST Egg/Cheese Bake w/Fresh Spinach, Homemade Tofu Scramble, Seared Turkey Sausage, Hand-crafted Vegan Sage Sausage Patties, Sliced Fresh Tomatoes, Hard boiled eggs, Old-Fashioned Oatmeal, Chopped Nuts, Raisins, Toast Assortment, Peanut Butter, Cold Cereals, Oranges, Bananas, Blueberries, Homemade Fruit & Veggie Smoothies, Milk Assortment, OJ

LUNCH Feta Pasta, Tofu Pasta, Deli Platter w/Ham, Turkey & Sliced Cheeses, Grilled Portobella Mushroom Caps, Bread/Bun Assortment, Wavy Potato Chips, Pineapple, Salad Bar, Chocolate Chip Cookies

BEVERAGES Coffee, Teas, Iced tea, Lemonade

NOTES Gluten Free, vegan options provided per group needs, in season fruits & vegetables from local farmers, hand-crafted breads, soups & entrees