

MIDWINTER NATURIST FESTIVAL 2009 MENU
Breakfast: 7:30 - 9:00 AM Lunch: Noon - 1:30 PM Supper: 5:30 - 7:00 PM

Thursday , February 12

- Breakfast:* Homemade Muffins, Scrambled Eggs, Bacon, Veggie Sausage, Hot & Cold Cereal, Bagels, Toast, Fresh Fruit, Fat Free Organic Vanilla Yogurt, Coffee, Tea, Skim Milk, Whole Milk, Soy Milk , O.J.
- Lunch:* Cold Sandwiches (Ham, Turkey, Tuna Salad, PBJ), Veggie Wraps, Steamed Vegetables, Salad Bar, Fresh Fruits, Tea, Sodas, Skim Milk, Whole Milk, Soy Milk
- Dinner:* Zucchini Soup (veggie), Meat Loaf, Veggie Loaf, Scrambled Tofu,, Mashed Potatoes, Sweet Potatoes, Steamed Vegetables, Salad Bar, Dessert, Coffee, Tea

Friday , February 13

- Breakfast:* French Toast, Scrambled Eggs, Bacon, Veggie Sausage, Hot & Cold Cereal, Bagels, Toast, Fresh Fruit, Fat Free Organic Vanilla Yogurt, Coffee, Tea, Skim Milk, Whole Milk, Soy Milk , O.J.
- Lunch:* Barbequed Chicken, Vegetarian Baked Beans, Grilled Tofu, Steamed Vegetables, Salad Bar, Fresh Fruits, Tea, Sodas, Skim Milk, Whole Milk, Soy Milk
- Dinner:* Minestrone Soup (veggie), Spaghetti (Meat or Veggie Sauce), Vegetable Lasagna, Eggplant Parmesan,, Garlic Bread, Steamed Vegetables, Salad Bar, Dessert, Coffee, Tea

Saturday , February 14

- Breakfast:* Pancakes, Scrambled Eggs, Bacon, Veggie Sausage, Hot & Cold Cereal, Bagels, Toast, Fresh Fruit, Fat Free Organic Vanilla Yogurt, Coffee, Tea, Skim Milk, Whole Milk, Soy Milk , O.J.
- Lunch:* Chili (Meat & Veggie), Garlic Bread, Steamed Vegetables, Salad Bar, Fresh Fruits, Tea, Sodas, Skim Milk, Whole Milk, Soy Milk
- Dinner:* Tortilla Soup (veggie), Soft & Hard Tacos (Meat or Veggie), Quesadillas (Chicken or Tofu), Rice & Beans, Steamed Vegetables, Salad Bar, Dessert, Coffee, Tea

Sunday , February 15

- Breakfast:* Homemade Muffins, Scrambled Eggs, Bacon, Veggie Sausage, Hot & Cold Cereal, Bagels, Toast, Fresh Fruit, Fat Free Organic Vanilla Yogurt, Coffee, Tea, Skim Milk, Whole Milk, Soy Milk , O.J.
- Lunch:* Hamburgers, Veggie Burgers, Hot Dogs, Not Dogs, Condiments, Steamed Vegetables, Salad Bar, Fresh Fruits, Tea, Sodas, Skim Milk, Whole Milk, Soy Milk
- Dinner:* Parsnip Soup (veggie), Oven Roasted Chicken, Oven Baked Fresh Fish, Veggie Stir-fry with Tofu, Basmati Rice, Steamed Vegetables, Salad Bar, Dessert, Coffee, Tea

Monday , February 16

- Breakfast:* Waffles, Scrambled Eggs, Bacon, Veggie Sausage, Hot & Cold Cereal, Bagels, Toast, Fresh Fruit, Fat Free Organic Vanilla Yogurt, Coffee, Tea, Skim Milk, Whole Milk, Soy Milk , O.J.
- Lunch:* Sandwiches (Chicken Salad, Tuna Salad, Egg Salad, PBJ), Veggie Burgers, Steamed Vegetables, Salad Bar, Fresh Fruits, Tea, Sodas, Skim Milk, Whole Milk, Soy Milk
- Dinner:* Sweet & Sour Soup (veggie), Orange Chicken, Beef with Broccoli, Chinese Veggie Stir-fry (with protein), Brown Rice , White Rice, Steamed Vegetables, Salad Bar, Dessert, Coffee, Tea

Tuesday , February 17

- Breakfast:* French Toast, Scrambled Eggs, Bacon, Veggie Sausage, Hot & Cold Cereal, Bagels, Toast, Fresh Fruit, Fat Free Organic Vanilla Yogurt, Coffee, Tea, Skim Milk, Whole Milk, Soy Milk , O.J.
- Lunch:* Sloppy Joes (Meat or Veggie), Steamed Vegetables, Salad Bar, Fresh Fruits, Tea, Sodas, Skim Milk, Whole Milk, Soy Milk
- Box Lunch:* For Trips: Sandwich (PB&J, Ham, or Turkey), Fresh Fruit, Chips, Juice Box or Soda
- Dinner:* Smorgasbord, Steamed Vegetables, Salad Bar, Dessert, Coffee, Tea

You can buy tickets for meals at the NAC/Hospitality Booth. If you're participating in the field trips, box lunches will be available upon request. Orders must be placed by 7 PM the night before.