

Midwinter Naturist Festival 2012 Menu

Breakfast: 7:30-9am Lunch: Noon-1:30pm Supper: 5:30-7:00pm

Thursday, February 16

Breakfast: Waffles with or without Fruit topping, Scrambled Tofu, Scrambled Eggs, Bacon, Veggie Sausage, Oatmeal, Variety of Bread, Bagels with Cream Cheese, Muffins & Pastries, Fresh Fruit, Organic Vanilla Yogurt, Cold Cereal Selection, Coffee, De-Caf Coffee, Tea, Ice Tea, Skim Milk, Soy Milk, Apple and Orange Juice

Lunch: Make Your Own Wrap: Veggies, Meats, Lettuce, Tomato, Onion, etc plus condiments, Salad, 3 Bean Salad, Fresh Veggie Tray with Dip, Fresh Fruit, Coffee, De-Caf Coffee, Tea, Ice Tea, Skim Milk, Soy Milk and Lemonade

Dinner: Mushroom Soup, Chicken Parmesan over Whole Wheat Spaghetti, Cubed Pesto TOFU, Cooked Fresh Vegetables, Mashed Sweet Potatoes, Fresh Rolls, Fresh Fruit, Salad, Dessert Table, Coffee, De-Caf Coffee, Tea, Ice Tea, Skim Milk, Soy Milk, Lemonade

Friday, February 17

Breakfast: Pancakes with or without fruit topping, Scrambled Tofu, Scrambled Eggs, Bacon, Veggie Sausage, Cream of Wheat, Variety of Bread, Bagels with Cream Cheese, Muffins & Pastries, Fresh Fruit, Organic Vanilla Yogurt, Cold Cereal Selection, Coffee, De-Caf Coffee, Tea, Ice Tea, Skim Milk, Soy Milk, Apple and Orange Juice

Lunch: Make Your Own Sub: Veggies, Meats, Lettuce, Tomato, Onion, etc plus condiments, Salad Bar, 3 Bean Salad, Fresh Veggie Tray with Dip, Fresh Fruit, Coffee, De-Caf Coffee, Tea, Ice Tea, Skim Milk, Soy Milk and Lemonade

Dinner: Vegetable Soup, Baked Salmon, Brown Rice with Beans, Cooked Fresh Vegetables, Mashed Potatoes, Fresh Rolls, Fresh Fruit, Salad, Dessert Table, Coffee, De-Caf Coffee, Tea, Ice Tea, Skim Milk, Soy Milk, Lemonade

Saturday, February 18

Breakfast: French Toast with or without Fruit topping, Scrambled Tofu, Scrambled Eggs, Bacon, Veggie Sausage, Oatmeal, Variety of Bread, Bagels with side of Cream Cheese, Fresh fruit, Organic Vanilla Yogurt, Cold Cereal Selection, Coffee, De-Caf Coffee, Tea, Ice Tea, Skim Milk, Soy Milk, Apple and Orange Juice

Lunch: Burgers – Well Done – Veggie and Beef, Vegetarian Baked Beans, Coleslaw, Potato Salad, Salad, Fresh Fruit, 3 Bean Salad, Coffee, De-Caf Coffee, Tea, Ice Tea, Skim Milk, Soy Milk and Fresh Lemonade

Dinner: Broccoli Soup, Baked Tilapia with a Lemon Wine Sauce, Curried Tofu, Cooked Fresh Vegetables, Mashed Sweet Potatoes, Fresh Rolls, Fresh Fruit, Salad, Dessert Table, Coffee, De-Caf Coffee, Tea, Ice Tea, Skim Milk, Soy Milk and Lemonade

Sunday, February 19

Breakfast: Make Your Own Breakfast Burrito: Scrambled Tofu or Eggs, Bacon, Veggie Sausage, Red Onions, Tomatoes, Spinach, Fresh Mushrooms, Cheddar Cheese, Salsa, Cream of Wheat, Variety of Bread, Bagels with side of Cream Cheese, Fresh fruit, Organic Vanilla Yogurt, Cold Cereal Selection, Coffee, De-Caf Coffee, Tea, Ice Tea, Skim Milk, Soy Milk, Apple and Orange Juice

Lunch: Veggie Chili with Homemade Rolls, Salad, Fresh Fruit, 3 Bean Salad, Coffee, De-Caf Coffee, Tea, Ice Tea, Skim Milk, Soy Milk and Fresh Lemonade

Dinner: Asparagus Soup, Spaghetti, Veggie Balls and Meatballs, Eggplant Parmesan, Cooked Fresh Vegetables, Mashed Potatoes, Fresh Rolls, Fresh Fruit, Salad, Dessert Table, Coffee, De-Caf Coffee, Tea, Ice Tea, Skim Milk, Soy Milk and Lemonade

Monday, February 20

Breakfast: Waffles with or without Fruit topping, Scrambled Tofu, Scrambled Eggs, Bacon, Veggie Sausage, Oatmeal, Variety of Bread, Bagels with side of Cream Cheese, Fresh fruit, Organic Vanilla Yogurt, Cold Cereal Selection, Coffee, De-Caf Coffee, Tea, Ice Tea, Skim Milk, Soy Milk, Apple and Orange Juice

Lunch: Make Your Own Wrap with Egg Salad, Tuna Salad, Chicken Salad, or Tofu, Salad, Fresh Fruit, 3 Bean Salad, Coffee, De-Caf Coffee, Tea, Ice Tea, Skim Milk, Soy Milk and Lemonade

Dinner: Veggie Veggie Soup, Grilled Bar-B-Que Chicken, Brown Rice and Sweet Peas, Cooked Fresh Vegetables, Mashed Sweet Potatoes, Fresh Rolls, Fresh Fruit, Salad, Dessert Table, Coffee, De-Caf Coffee, Tea, Ice Tea, Skim Milk, Soy Milk and Lemonade

Tuesday, February 21

Breakfast: Smorgasbord For All with Meat & Veggie Options: Chef's Breakfast Choices, Veggie Sausage, Oatmeal, Variety of Bread, Bagels with side of Cream Cheese, Fresh fruit, Organic Vanilla Yogurt, Cold Cereal Selection, Coffee, De-Caf Coffee, Tea, Ice Tea, Skim Milk, Soy Milk, Apple and Orange Juice

Lunch: Smorgasbord For All with Meat & Veggie Options: Chef's Choice of Veggie, Salad, Fresh Fruit, 3 Bean Salad, Coffee, De-Caf Coffee, Tea, Ice Tea, Skim Milk, Soy Milk and Lemonade

Box Lunch for Trips: Boxed Lunches – Sign up at the Hospitality Tent by 5pm
Monday February 20

Dinner: Gala Smorgasbord with Meat & Veggie Options: Cooked Fresh Vegetables, Salad, Fresh Fruit, Coffee, De-Caf Coffee, Tea, Ice Tea, Skim Milk, Soy Milk and Lemonade