

## 2019 SUBUD USA NATIONAL GATHERING – Meal Plan

### Meal Times

Breakfast: 7:00 am – 8:30 am

Lunch: 12:00 pm – 1:30 pm

Dinner: 5:30 pm – 7:00 pm

NOTE: Vegetarian options are in **bold**; menu items are subject to change without notice.

DATE	BREAKFAST	LUNCH	DINNER
July 4, Thurs.	n/a	n/a	Garden salad (greens and veggies) with dressings Seasoned chicken breast with pineapple and jalapeno relish (on the side) <b>Calabacitas with zucchini and cheese</b> Mixed roasted vegetables Garlic bread Dessert: cake bites Lemonade, ice tea, coffee, decaf, tea
July 5, Fri.	Hot dish: Breakfast sandwiches (eggs, cheese, turkey sausage, <b>some vegetarian</b> ) Fruit Pastries/muffins/sweet bread Packs of instant oatmeal with hotpot of hot water; cold cereal Juices Milk Coffee, decaf, tea	Minted fruit salad Build you own chicken salad and tuna salad sandwiches <b>Build your own cheese sandwiches</b> with croissants and sliced breads Lettuce, tomato, red onion Mayo and mustard Picnic potato salad Dessert: assorted cookies Ice tea, coffee, decaf, tea	Roasted corn salad Fajitas: seasoned beef with sautéed onions and peppers <b>Sautéed onions, peppers and tofu</b> Flour tortillas House-made salsa, pico de gallo, sour cream Rice and beans Dessert: ice cream sundaes Lemonade, ice tea, coffee, decaf, tea

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<p>July 6, Sat.</p>	<p>Hot dish: <b>scrambled eggs with zucchini, roasted tomatoes, onions and peppers, breakfast potatoes</b>  Fruit  Pastries/muffins/sweet bread  Packs of instant oatmeal with hotpot of hot water; cold cereal  Juices  Milk  Coffee, decaf, tea</p>	<p><b>Caesar salad station:</b>  Sliced chicken, <b>parmesan cheese, croutons, caesar dressing</b>  <b>Baked penne pepperonata</b>  Vegetable crudité with buttermilk ranch dressing  Dessert: lemon bars  Ice tea, coffee, decaf, tea</p>	<p>Taco Bar: seasoned ground beef; <b>seasoned vegetarian crumbles</b>  Corn taco shells  Diced tomatoes, onions, lettuce, cheddar cheese  Salas and sour cream  House made pinto beans  Dessert: warm fruit crisp  Lemonade, ice tea, coffee, decaf, tea</p>
<p>July 7, Sun.</p>	<p>Hot dish: <b>breakfast burritos (eggs, spinach, onions and peppers, cheese), hash brown potatoes with side salsa</b>  Fruit  Pastries/muffins/sweet bread  Packs of instant oatmeal with hotpot of hot water; cold cereal  Juices  Milk  Coffee, decaf, tea</p>	<p>Deli sandwiches: assorted meats <b>and cheeses</b>  Lettuce, tomato, onion  Mayo and mustard  Mediterranean orzo pasta salad  Mixed fruit salad  Dessert: brownies  Ice tea, coffee, decaf, tea</p>	<p>Southwest salad with roasted corn, tomatoes, black beans  Green chile chicken enchiladas  <b>Green chile cheese enchiladas</b>  Cilantro Rice and Beans  Dessert: Lemonade cake with whipped cream  Lemonade, ice tea, coffee, decaf, tea</p>
<p>July 8, Mon.</p>	<p>Hot dish: <b>Breakfast strata casserole (eggs, cheese, mushrooms, onions)</b>  Turkey sausage breakfast hash  Fruit  Pastries/muffins/sweet bread  Packs of instant oatmeal with hotpot of hot water; cold cereal  Juices/milk/coffee/tea/decaf</p>	<p>n/a</p>	<p>n/a</p>