

Surrender: the EcoSex Convergence

Menu 2016

Wednesday June 15

Dinner: Lemon Pepper Mock-chicken. Caprese brown rice pasta salad with balsamic vinaigrette, fresh tomato, basil and shredded mozzarella cheese. Spinach salad with toppings and selection of dressings.

Thursday, June 16

Breakfast: Apple Baked Oatmeal, Gluten free granola and variety of dried fruit, nuts, dairy and non-dairy milk, hard boiled eggs and fresh fruit.

Lunch: Gazpacho soup. Avocado salsa, hot bean dip & tortilla chips; selection of cheeses. Romaine salad with toppings and selection of dressings.

Dinner: Orange sesame Tofu with green beans. Thai peanut vegetable stir fry with bok choy, red pepper and carrot. Garden salad with toppings and selection of dressings.

Friday, June 17

Breakfast: Coconut Kheer, Gluten free granola, and variety of dried fruit, nuts, dairy and non-dairy milk, hard boiled eggs and fresh fruit.

Lunch: Forest Mushroom Soup; Orca Bean succotash with Creole Mustard Sauce. Romaine salad with toppings and selection of dressings.

Dinner: Jack Fruit tacos with spiced black lentils, banana chutney, red onion raita (yogurt sauce) and cortido. Garden salad with toppings and selection of dressings.

Saturday, June 18

Breakfast: Polenta with green chilies and shredded jack cheese, Gluten free granola, and variety of dried fruit, nuts, dairy and non-dairy milk, hard boiled eggs and fresh fruit.

Lunch: Roasted Vegetable Hummus wraps (gluten free and whole grain). Sweet Potato Waldorf Salad with apples, walnuts and lemon poppy seed dressing. Garden salad with toppings and selection of dressings.

Dinner: Brown rice pasta Puttanesca with selection of breads. Chef's salad bar with roasted beets,

fresh vegetables, shredded jack cheese, kidney beans, nuts and hard boiled eggs.

Sunday, June 19

Breakfast: Blueberry Baked Oatmeal, Gluten free granola and variety of dried fruit, nuts, dairy and non-dairy milk, hard boiled eggs and fresh fruit.

Lunch: Hummus wraps; and Chef's Special Smorgasbord. Garden salad with toppings and selection of dressings.