

Midwinter Naturist Festival 2010 Menu

Thursday, February 11

Breakfast: Scrambled TOFU, Homemade Muffins w/Flax Seed, Scrambled Eggs, Bacon, Veggie Sausage, Oatmeal, Variety of Toast, 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: Veggies, Meats, Lettuce, Tomatoes, Onions etc plus condiments, Salad Bar, 3 Bean Salad, Fresh Veggie Tray with Dip, Fresh Fruit's, Coffee, De-Caf Coffee, Tea, Ice Tea, Skim Milk, Soy Milk and Fresh Lemonade

Dinner: Welcome to Le Behr Café at Sunsport Dinner: Award Winning French Vegetable Based Onion Soup, Thin Sliced Prime Rib with Au Ju, Vegetable Primavera with Garlic Sauce over Linguine, Steamed Vegetable Medley lightly Seasoned, Mashed Sweet Potatoes, Fresh Wheat Rolls, Fresh Fruit, Salad Bar, Dessert Table, Coffee, De-Caf Coffee, Tea, Ice Tea, Skim Milk, Soy Milk and Fresh Raspberry Lemonade

Friday, February 12

Breakfast: Pancakes with or without Fruit – Blueberry, Strawberry or Banana, Scrambled TOFU, Scrambled Eggs, Bacon, Veggie Sausage, Cream of Wheat, Variety of Toast, 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 Sub: Veggies, Meats, Cheeses, Lettuce, Tomatoes, Onions etc plus condiments, Salad Bar, Steamed Veggies, Fresh Fruit's, 3 Bean Salad, Coffee, De-Caf Coffee, Tea, Ice Tea, Skim Milk, Soy Milk and Fresh Lemonade

Dinner: Vegetable Soup, Chicken Parmigiana over Angel Spaghetti, Brown Rice with Beans and Sautéed Vegetables, Stir Fried Sweet and Sour Vegetables, Mashed Potatoes, Fresh Wheat Rolls, Fresh Fruit, Salad Bar, Dessert Table, Coffee, De-Caf Coffee, Tea, Ice Tea, Skim Milk, Soy Milk and Fresh Mint Ice Tea

Saturday, February 13

Breakfast: French Toast with or without Fruit – Blueberry, Strawberry or Banana, Scrambled TOFU, Scrambled Eggs, Bacon, Veggie Sausage, Oatmeal, Variety of Toast, 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, Sautéed Vegetables, Salad Bar, Fresh Fruit's, 3 Bean Salad, Coffee, De-Caf Coffee, Tea, Ice Tea, Skim Milk, Soy Milk and Fresh Lemonade

Dinner: Cheese Tortilla Soup, Grilled Tilapia with a Lemon Wine Sauce, Vegetable Lasagna. Steamed Vegetables, Mashed Sweet Potatoes, Fresh Wheat Rolls, Fresh Fruit, Salad Bar, Dessert Table, Coffee, De-Caf Coffee, Tea, Ice Tea, Skim Milk, Soy Milk and Fresh Strawberry Ice Tea

Sunday, February 14

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 Toast, 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: Chili: Veggie and Beef with Homemade Rolls, Steamed Broccoli with or without Cheese Sauce, Salad Bar, Fresh Fruit's, 3 Bean Salad, Coffee, De-Caf Coffee, Tea, Ice Tea, Skim Milk, Soy Milk and Fresh Lemonade

Dinner: Egg Drop Soup, Spaghetti with Veggie Balls and Meatballs, Eggplant and Ziti Parmigiana, Stir Fried Sweet and Sour Vegetables, Mashed Potatoes, Fresh Wheat Rolls, Fresh Fruit, Salad Bar, Dessert Table, Coffee, De-Caf Coffee, Tea, Ice Tea, Skim Milk, Soy Milk and Fresh Mint Lemonade.

Monday, February 15

Breakfast: Scrambled TOFU, Homemade Muffins w/Flax Seed, Scrambled Eggs, Bacon, Veggie Sausage, Oatmeal, Variety of Toast, 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: Sautéed Veggies with Brown Rice, Choice of Grilled Wild Salmon or Sautéed Tofu, Salad Bar, Fresh Fruit's, 3 Bean Salad, Coffee, De-Caf Coffee, Tea, Ice Tea, Skim Milk, Soy Milk and Fresh Lemonade

Dinner: Chilled Cucumber Soup, Grilled Bar-B-Que Chicken, Brown Rice and Sweet Pea, Grilled Tofu over Steamed Vegetables, Mashed Sweet Potatoes, Fresh Wheat Rolls, Fresh Fruit, Salad Bar, Dessert Table, Coffee, De-Caf Coffee, Tea, Ice Tea, Skim Milk, Soy Milk and Fresh Strawberry Lemonade

Tuesday, February 16

Breakfast: French Toast Sticks with or without Fruit – Blueberry, Strawberry or Bananas, Scrambled TOFU, Homemade Muffins w/Flax Seed, Scrambled Eggs, Bacon, Veggie Sausage, Oatmeal, Variety of Toast, 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: Chef's Choice of Veggie, Salad Bar, Fresh Fruit's, 3 Bean Salad, Coffee, De-Caf Coffee, Tea, Ice Tea, Skim Milk, Soy Milk and Fresh Lemonade

Box Lunch for Trips: Stuffed Pita with either PB&J, Turkey, Ham, Grilled Chicken, Vegetables or Cheese, Fresh Fruit, Potato Chips, Juice Box or Soda

Dinner: Gala Smorgasbord, Steamed and Sautéed Vegetables, Salad Bar, Fresh Fruit, Coffee, De-Caf Coffee, Tea, Ice Tea, Skim Milk, Soy Milk and Fresh Raspberry Ice Tea