



# 2020 MIDWINTER NATURIST FESTIVAL MENU

Breakfast 7:30 to 9:00 AM - Lunch Noon to 1:30 PM - Dinner 5:30 to 7:00 PM

## Thursday, Feb. 13

**Breakfast:** Pancakes with assortment of fruit toppings, tofu scramble, scrambled eggs, bacon, veggie sausage, organic vanilla yogurt, fruit and granola parfait, fresh fruit salad, bread, pastries, hot and cold cereal selection, coffee, iced tea, milk, soy milk, apple and orange juice.

**Lunch:** Make your own sandwich with ham, turkey, tuna, tofu, with lettuce, tomato and onion fixing, assortment of breads, fresh fruit, salad and soups, coffee, iced tea, milk, soy milk and lemonade.

**Dinner:** Spanish night; Make your own taco bar with Spanish style beef, TVP, tofu fajitas and refried beans. Spanish rice and refried beans, fresh steamed and stir-fry vegetables, assortment of salad and soup, dessert table, coffee, iced tea, milk, soy milk and lemonade.

## Friday, Feb. 14

**Breakfast:** French toast with assortment of fruit toppings, tofu scramble, scrambled eggs, bacon, veggie sausage, organic vanilla yogurt, fruit and granola parfait, fresh fruit salad, bread, pastries, hot and cold cereal selection, coffee, iced tea, milk, soy milk, apple and orange juice.

**Lunch:** Meat vegetarian chili with sour cream, cheese, onion and tomato fixing, assortment of grilled cheese sandwiches, fresh fruit, salad, coffee, iced tea, milk, soy milk and lemonade.

**Dinner:** Pasta night; baked ziti, veggie parmesan, spaghetti with meatballs, TPV balls, veggie sauce and meat sauce, fresh steamed and stir-fry vegetables, assortment of salad and soup, dessert table, coffee, iced tea, milk, soy milk and lemonade.

## Saturday, Feb. 15

**Breakfast:** Build your own burrito, Spanish style eggs, tofu scramble, cheese, salsa and sour cream fixings, bacon, veggie sausage, organic vanilla yogurt, fruit and granola parfait, fresh fruit salad, bread, pastries, hot and cold cereal selection, coffee, iced tea, milk, soy milk, apple and orange juice.

**Lunch:** Lunch on the deck, fix your own burgers, veggie burgers, hot dogs with lettuce, tomato, onion, pickles and condiments, assortment of fresh fruit salads, potato salad, pasta salad and coleslaw, coffee, iced tea, milk, soy milk and lemonade.

**Dinner:** Pulled pork, sloppy Joe tofu, fresh steamed and stir-fry vegetables, sweet mashed potatoes, mac & cheese, rolls, assortment of fresh fruit, salad and soups, dessert table, coffee, iced tea, milk, soy milk and lemonade.



## Sunday, Feb. 16

**Breakfast:** French toast with assortment of fruit toppings, tofu scramble, scrambled eggs, bacon, veggie sausage, organic vanilla yogurt, fruit and granola parfait, fresh fruit salad, bread, pastries, hot and cold cereal selection, coffee, iced tea, milk, soy milk, apple and orange juice.

**Lunch:** Make your own wrap with chicken, tuna, egg or tofu salad with lettuce, tomato, onions and condiments, assortment of fresh fruits, salad, coffee, iced tea, milk, soy milk and lemonade.

**Dinner:** Casserole night: assortment of casseroles with vegetarian and meat options, fresh steamed and stir-fry vegetables, assortment of salad and soups, dessert table, coffee, iced tea, milk, soy milk and lemonade.

## Monday, Feb. 17

**Breakfast:** Breakfast casseroles: egg scramble casserole, tofu scramble casserole, tofu, bacon, veggie sausage, organic vanilla yogurt, fruit and granola parfait, fresh fruit salad, bread, pastries, hot and cold cereal selection, coffee, iced tea, milk, soy milk, apple and orange juice.

**Lunch:** Lunch on the deck, fix your own burgers, veggie burgers, hot dogs with lettuce, tomato, onion, pickles and condiments, assortment of fresh fruit salads, potato salad, pasta salad and coleslaw, coffee, iced tea, milk, soy milk and lemonade.

**Dinner:** Turkey dinner, roasted turkey and tofu turkey with stuffing, sweet potatoes, white mashed potatoes, gravy, green bean casserole, fresh steamed and stir-fry vegetables, assortment of salad and soups, dessert table, coffee, iced tea, milk, soy milk and lemonade.

## Tuesday, Feb. 18

**Breakfast:** Assortment of breakfast favorites, bacon, veggie sausage, organic vanilla yogurt, fruit and granola parfait, fresh fruit salad, bread, pastries, hot and cold cereal selection, coffee, iced tea, milk, soy milk, apple and orange juice.

**Lunch:** Assortment of lunch favorites, meat and vegetarian options with lettuce, tomato, onion fixings, and condiments, assortment of breads, fresh fruit salads, coleslaw, coffee, iced tea, milk, soy milk and lemonade.

**Dinner:** Assortment of dinner favorites with vegetarian and meat options, fresh steamed and stir-fry vegetables, assortment of salad and soups, dessert table, coffee, iced tea, milk, soy milk and lemonade.