

Mountain Playshop, September 10-12, 2010

| | <u>Breakfast</u> | <u>Lunch</u> | <u>Dinner</u> |
|------------------------|---|---|--|
| Friday, September 10 | X | X | Roasted Pork Loin w/Island Salsa Baked White Spaghetti w/Pesto Rosemary Roasted New Potatoes Italian Green Beans w/Roasted Red Peppers Fresh Baked Rolls Fruits of the Forest Pie Deluxe Salad Bar |
| Saturday, September 11 | Scrambled Eggs Bacon Sausage Oatmeal w/ Brown Sugar Buttered Grits Buttermilk Biscuits Sawmill Gravy Cereal/Fruit/Yogurt Soy Milk | Angus Beef Burgers Beef Hot Dogs Garden Vegetable Burgers Lettuce/Tomato/Onion/Pickles/Cheese Hamburger Buns Hot Dog Buns Homemade Chili (Contains meat) Seasoned French Fries Brownies Deluxe Salad Bar | Mesquite Roasted Chicken Tortellini w/Tomato Cream Sauce Fresh Made Yukon Gold Potatoes Braised Sugar Snap Peas Fresh Baked Rolls Buttered Coconut Pie Deluxe Salad Bar |
| Sunday, September 12 | Scrambled Eggs Bacon Sausage Buttered Grits Cinnamon Swirl French Toast Maple Syrup Cereal/Fruit/Yogurt Soy Milk | X | X |

INGREDIENTS (Main Dishes)

1. Roast Sirloin: Au Jus (beef bouillon): topped brown sirloin with garlic, salt, & thyme.
2. White Spaghetti: spaghetti noodles, Alfredo sauce (parmesan cheese base), and pesto (pine nuts, basil, olive oil, mixed spices)
3. Mesquite Chicken: marinated chicken with soy sauce, olive oil, and mesquite mixed spices.
4. Tortellini: stuffed with cheese with tomato and milk based cream and mixed Italian spices.