

Weekend Sample Menu



Please note this is a sample
and is subject to change

FRIDAY DINNER

SALADS & SIDES

House Caesar Salad
Mediterranean Salad
Fresh Artisan Breads
Pasta Pesto // Brown Rice
Pilaf

Broccoli with Peppers //
Herbed carrots

MAINS

Baked Chicken Breasts
Parmesan
Roasted Eggplant and
Tofu Parmesan

DESSERT

Double chocolate cake

SATURDAY BREAKFAST

Hot and cold cereals
Fresh fruit platter
Assorted fresh baking
Yogurt, fruit compote and
various toppings

HOT SELECTIONS

Cheddar scrambled eggs
with fresh garden herbs
Tofu Scramble
Breakfast Sausage //
Baked tomatoes
Seasoned Hashbrowns

BEVERAGES

Fresh Fair Trade/Organic
coffee, tea & fruit juice

SATURDAY LUNCH

SALADS & SIDES

Fresh Made Soup
Potato Salad
Southwest Bean Salad
Green Salad

MAINS

Selection of Fresh Bread
Selected Protein Platter
Taco beef or Black bean
Quesadilla
BBQ Chicken Lettuce Cups

DESSERT

Cut and Whole Fruit
Fresh Baked Cookies

SATURDAY DINNER

SALADS & SIDES

Green Salad
Local Seasonal Vegetables
Baked Potatoes //
Mushroom Barley 'Risotto'
Broccoli Slaw

MAINS

REO's Famous BBQ
Chicken, Beef or Pork
& Tofu

DESSERT

Strawberry Shortcake

SUNDAY BREAKFAST

Hot and cold cereals
Fresh fruit platter
Assorted fresh baking
Yogurt and various
toppings

HOT SELECTIONS

Gluten-Free and
Multigrain Pancakes with
Blueberry Compote
Eggs & potatoes
Oven-baked bacon
Roasted Vegetables

BEVERAGES

Fresh Fair Trade/Organic
coffee, tea & fruit juice