

24th Annual
Emigrant Trails Bike Trek

MENU

~Brought to you by Red Oak BBQ

Friday, September 10, 2010

Continental Breakfast

Cold Cereal
Hot Cereal
Bagels with cream cheese
Muffins
Bananas
Coffee-regular & decaf, tea, hot chocolate
Orange Juice
V8 Juice
Milk 2%

Lunch

Sandwiches (turkey, roast beef, peanut butter & jam)
Vegetarian option (hummus, cucumber, lettuce)
Cheese on the side
Assorted chips
Assorted cookies
Condiment table (mayo, mustard, pickles)
Iced tea, Lemonade

Dinner

Beef and Chicken Fajitas
Veggies without meat for vegetarians
Rice
Beans
Southwest salad
Tortillas
Key Lime Cheesecake
Iced tea, Lemonade, Punch

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Saturday, September 11th

Breakfast

Brauts
Egg Casserole
Pancakes
Hot Cereal
Bagels
Low fat cream cheese
Fresh Fruit
Bananas
Coffee-regular & decaf, tea, hot chocolate
Orange Juice
V8 Juice
Milk-2%

Lunch

Wraps - turkey, roast beef, vegetarian
Chips
Brownies
Iced tea, Lemonade

Dinner

Barbecued Chicken
Pasta (sauce with and without meat)
Green Salad
Corn on the cob
Roll & Butter
Yellow cake with chocolate pudding frosting & melba sauce
Iced tea, Lemonade, Punch

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Sunday, September 12th

Breakfast

Ham
Scrambled eggs
Fried potatoes, bell peppers & onions
Biscuits & gravy
Hot cereal
Bagels
Low fat cream cheese
Fresh fruit
Bananas
Coffee- regular & decaf, hot tea, hot chocolate
Orange Juice
V8 Juice
Milk-2%

Lunch (BBQ Finale)

Hamburgers/Veggie Burgers
Macaroni salad
Santa Maria Beans (with and without meat)
Coleslaw
Assorted cookies
Iced tea, Lemonade, Punch