

25th Annual Emigrant Trails Bike Trek

MENU

~Brought to you by Red Oak BBQ

Friday, September 9, 2011

Continental Breakfast

Cold and Hot Cereal
Bagels and Cream Cheese
Muffins
Bananas
Coffee (Regular and Decaf)
Hot Chocolate
OJ and V8 Juice
Water
Milk 2%

Lunch in Camp

Sandwiches – Build Your Own (turkey, roast beef, peanut butter & jelly)
Vegetarian option (hummus, cucumber, lettuce)
Cheese on the side
Assorted chips
Condiment table (mayo, mustard, pickles)
Brownies
Iced tea, Lemonade, Punch

Dinner

Lasagna
Vegetarian Lasagna
Caesar Salad
Green Beans
Garlic Bread
Yellow Cake
Iced Tea, Lemonade, Punch

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Saturday, September 10th

Breakfast

Cold and Hot Cereal
Bananas
Fruit
Sausage
Egg Casserole
Pancakes
Bagels and Cream Cheese
Coffee (Regular and Decaf)
Hot Chocolate
OJ and V8 Juice
Milk 2%

Lunch in Camp

Polish Sausage/Roll
Veggie Sausage/Roll
Baked Chips
Cookies
Ice Tea
Lemonade
Punch
Coffee
Water

Dinner

Bar-B-Q Chicken
Grilled Portabella Mushrooms (vegetarian dish)
Potatoes
Corn on the Cobb
Green Salad
Rolls and Butter Reddies
Key Lime Cheesecake
Iced Tea, Lemonade, Punch

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Sunday, September 11th

Breakfast

Cold and Hot Cereal
Bagels and Cream Cheese
Fruit
Bananas
Bacon
Scrambled Eggs
Fried Potatoes with Bell Peppers and Onions
Biscuits and Gravy
OJ and V8 Juice
Milk 2%
Water
Coffee (Regular and Decaf)

Lunch (BBQ Finale)

Hamburgers and Veggie Burgers
Santa Maria Beans or Veg Beans
Mac Salad
Coleslaw
Cookies
Iced Tea, Lemonade, Punch