

# Targhee Music Camp MENU 2019

Includes all day access to a coffee & hot tea station!

## Monday

### **LUNCH**

Greek Style Lemon Herb Chicken Breast \*gluten & dairy free\*

Fresh Fruit Salad \*gluten & dairy free, vegetarian\*

Greek salad \*gluten free, vegetarian\*

Quinoa veggie salad \*gluten & dairy free, vegetarian\*

Vegetarian Entrée: Spinach tomato Quiche

Baklava Desert

### **DINNER**

Marinated Flank Steak \*gluten & dairy free\*

Garden Salad \*gluten & dairy free\*

Roasted Red Potatoes \*gluten free\*

Green Beans \*gluten & dairy free\*

Rolls & Butter

Vegetarian Entrée: Vegetarian Curry \*gluten & dairy free\*

Chocolate Cake

## Tuesday

### **BREAKFAST**

Scrambled eggs \*gluten free\*

Roasted potatoes \*gluten & dairy free, vegetarian\*

Bacon \*gluten free, dairy free\*

Quaker Old Fashion Oats \*dairy free, vegetarian\*

Bagels & cream cheese

Granola & yogurt

Whole Fruit

### **LUNCH:** Asian Stir Fry

Asian Salad \*gluten & dairy free, vegetarian\*

Steamed Rice \*gluten & dairy free, vegetarian\*

Bell Peppers, Onions, Shitake Mushrooms,

Water Chestnuts, Snow Peas, Steamed Asparagus

in Soy Ginger Sauce with Chicken OR Shrimp OR Tofu

\*gluten & dairy free\*

### **DINNER:** Fish Dinner

Fresh Mixed Green Salad with Ranch & Balsamic dressings

Mixed Veggies \*gluten & dairy free, vegetarian\*

Seared Salmon \*gluten free\*

Vegetarian Entrée: Veggie Polenta Casserole \*gluten free & vegetarian\*

Dessert

## Wednesday

### **BREAKFAST**

Breakfast Burritos w/ flour & corn tortillas

Quaker Old Fashion Oats \*dairy free, vegetarian\*

Bagels & cream cheese

Granola & yogurt

Whole Fruit

### **LUNCH:** Make your own Deli Sandwiches

Fruit Plate

Vegetarian Soup \*gluten & dairy free, vegetarian\*

Fresh Mixed Green Salad with ranch & balsamic dressings

Cookies

### **DINNER:** Lasagna night

Caesar Salad

Mixed Vegetables \*gluten & dairy free, vegetarian\*

Garlic Bread

Meat Lasagna

Vegetarian Lasagna

Dessert

# Thursday

## **BREAKFAST**

Biscuits & Sausage gravy

Scrambled eggs \*gluten free\*

Hashbrowns \*gluten free, vegetarian\*

Quaker Old Fashion Oats \*dairy free, vegetarian\*

Bagels & cream cheese

Granola & yogurt

Whole Fruit

## **LUNCH:** Build your own TACO!

Fresh Green Salad

Spanish Rice and Black Beans \*gluten & dairy free, vegetarian\*

Chicken or Beef \*gluten free\*

Fixings: cheese, onions, tomatoes, lettuce

Flour & Corn tortillas

Chips & Salsa

Cookies and brownies