SAMPLE DAILY MENUS
October Harvest Retreats 2020

Day 1

**Breakfast**
Buttermilk Biscuits
Sausage Patties
Vegan Sausage Patties
Peppered Sausage Gravy
Hash brown Potatoes
Eggs; scrambled and fried
Cinnamon Rolls
Grits/Oatmeal
Cut fruit and Berries
Granola/ Yogurt
Cereal and milk
Coffee service and Juice
KANUGA TOAST!

**Box Lunch**
Chicken Salad Sandwiches on Dave’s Killer bread with Lettuce, Tomato and Sprouts
Cucumber and Tomato Salad
Bag of Chips
Oatmeal Raisin Cookies
Plums

**Dinner**
Pulled Pork
Ribs
Smoked Chicken
Smoked Tofu
Corn on the Cob
Baked Beans
Watermelon
Cole Slaw
Pickles and Deviled Eggs
Chips
Assorted homemade BBQ Sauces
Triple berry Cobbler w/ Vanilla ice cream
Tea, coffee, water

Day 2

**Breakfast**
Pancakes w/ butter and syrup
Link sausage
Vegetarian sausage
Home fries
Scrambled + fried eggs
Grits
Oatmeal
Yogurt
Granola
Whole fruit
Cereal + milk
Juice/coffee
KANUGA TOAST!

**Box Lunch**
Chicken teriyaki wraps w/ Asian slaw
Bean + corn salad
Bag of Chips
Brownies
Local Apples

**Dinner**
Pot roast w/ gravy
Mashed potatoes
Shoe peg corn
Vegetarian pot pie
Greek Salad
Fresh baked wheat bread
Banana pudding
Tea, coffee, water
Day 3

**Breakfast**
Croissants
Ham
Sliced Cheese
Hash browns
Grits
Oatmeal
Granola/yogurt
Cut fruit + berries
Whole fruit
Eggs
Cereal + milk
Blueberry muffins
Juice + coffee
KANUGA TOAST!

**Box Lunch**
Tuna salad croissants w/ swiss cheese, lettuce, tomato
Tomato feta salad
Bag of chips
Pasta salad

**Dinner**
Baked chicken
Jasmine rice
Vegetarian green curry
Roasted squash and zucchini
Tossed salad w/ assorted dressings
Dinner rolls w/ butter
Chocolate cream pie
Tea, coffee, water

Day 4

**Breakfast**
Biscuits
Patty sausage
Vegetarian sausage
Summer frittata w/ tomato, onion, thyme, and lemon zest
Cheese grits
Oatmeal
Yogurt/granola
Cut fruit + berries
Cereal + milk
Coffee cake
Juice + coffee
KANUGA TOAST!

**Box Lunch**
Local Apples
Ham + swiss on multigrain bread w/ lettuce and heirloom tomatoes
Bag of chips
Chocolate chunk brownie
Pasta salad

**Dinner**
Orange chicken
General Tso’s chicken
Vegetarian red curry
Jasmine rice
Eggrolls + spring rolls
Fried rice
Steamed broccoli
Noodles
Fruity rice crispy treats
Tea, coffee, water

Day 5

**Breakfast**
French toast w/ butter and syrup
Bacon
Scrambled + fried eggs
Home fries
Oatmeal
Grits
Yogurt/granola
Cut fruit + berries
Cereal + milk
Whole fruit
Juice + coffee
KANUGA TOAST!

**Box Lunch**
Clementines
Turkey + bacon provolone w/ lettuce, tomato, and avocado on a butter croissant
Chocolate chip cookies
Bag of chips
Pineapple slaw

**Dinner**
Roasted pork loin
Scallop potatoes
Vegetarian stuffed cabbage
Green beans
Grilled pita w/ dipping sauce
Chocolate cake w/ fudge icing
Tea, coffee, water

Day 6

**Breakfast**
Bagels
- Cream cheese
- Lox
- Shaved onion
- Capers
Potato rounds
Eggs
Cut fruit + berries
Cereal + milk
Whole fruit
Juice + coffee
KANUGA TOAST!

**Box Lunch**
Ham, salami, pepperoni w/ provolone, lettuce, tomato and sliced banana peppers on sub bread seasoned w/ oil, vinegar, and oregano
Three cheese tortellini salad
Bag of chips
Snickerdoodle cookies
Oranges

**Dinner**
Lasagna
  - Meat
  - Vegetarian
Rotini
Broiled fish
Tiramisu
Tea, coffee, water

*Actual menus may change due to availability.*