

Light on Meat Menu

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	DAY 8
B'fast	On your own	Pancakes	Eggs to order	Kale Sausage Scramble	Grits and Eggs	Hot Cereal	Smoked salmon Cream Cheese bagels	French Toast
Lunch	Bag Lunch	Hummus Pita	Hikers Lunch	Cold Pasta Salad	Deli Lunch	Guacamole Wrap	Italian subs	Hummus Pita
App	Smoked oysters	Cheese and crackers	Pickled antipasta	Hummus and Veggies	Chips/salsa	Bruschetta and Crackers	Cheese and crackers	Chips/ salsa
Dinner	Grilled cheese and soup	Grilled Salmon	Lentils and Rice	Halibut Tat	Bean and Veggie Burritos	Burger Night (veg or beef)	Veg Thai Curry	Chicken Fajitas
Dessert	Fancy Cookies	Premium Chocolate	Dinner Mints	S'mores	Premium Chocolate	Dutch oven cake	Dinner Mints	No Bake Cheesecake

	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
B'fast	Pesto B'fast Burrito	Eggs to Order	Cream Cheese Bagels	Cold Cereal	Pancakes	Hot Cereal	Cold Cereal
Lunch	Smoked Salmon Cream Cheese Crackers	Chicken Salad	Guacamole Wrap	Tuna Salad	Hikers Lunch	Chicken Salad	Tuna Salad
App	Hummus and Veggies	Pickled antipasto	Cheese and Crackers	Nuts and olives	Smoked Oysters	Pickled antipasto	Pringles and Onion Dip
Dinner	Hawaiian BBQ Tofu Bowls	Brats (or Field Roast) and Mashed Potatoes	Veggie Stir Fry	Smoked Salmon Pesto Pasta	Lentils and Rice	Grilled Cheese and Soup	Veg Thai Curry
Dessert	Fancy Cookies	Dutch oven Brownies	Premium Chocolate	Dinner Mints	Fancy Cookies	Smores	Dinner Mints