

# Deertrails 2024 Sample Menu\*\*

	Tues, May 14	Wed, May 15	Thurs, May 16	Fri, May 17	Sat, May 18	Sun, May 19
<b>Breakfast</b> (provided by TLC)	N/A	Oatmeal Hard Boiled Eggs Toast & Spreads Yogurt & Fruit Parfait Station (+dairy free yogurt option)  Coffee & Tea Orange Juice	Vegan Oatmeal Breakfast Muffins Scrambled Eggs & salsa with sausage/bacon (vegan option: tofu scramble) Yogurt & Fruit Parfait Station (+dairy free yogurt option) Coffee & Tea Orange Juice	Breakfast Burritos & salsa (vegan option: tofu scramble) Fruit Smoothies Toast & Spreads Yogurt & Fruit Parfait Station (+dairy free yogurt option) Coffee & Tea Orange Juice	French Toast with fruit & sausage/bacon (vegan option: flax egg French Toast) Toast & Spreads Yogurt & Fruit Parfait Station (+dairy free yogurt option)  Coffee & Tea Orange Juice	Oatmeal Hard Boiled Eggs Toast & Spreads Fruit Smoothies Yogurt & Fruit Parfait Station (+dairy free yogurt option) Coffee & Tea Orange Juice  ( <i>&amp; all remaining breakfast items</i> )
<b>Lunch</b> (provided by TLC)	N/A	DIY Wrap & Sandwiches (ham, turkey, egg, tuna, hummus options)  Snacks (trails mix, granola bars, veg & hummus)	DIY Wrap & Sandwiches (ham, turkey, egg, tuna, hummus options)  Snacks (trails mix, granola bars, veg & hummus)	DIY Wrap & Sandwiches (ham, turkey, egg, tuna, hummus options)  Snacks (trails mix, granola bars, veg & hummus)	DIY Wrap & Sandwiches (ham, turkey, egg, tuna, hummus options)  Snacks (trails mix, granola bars, veg & hummus)	DIY Wrap/ Sandwiches/Snacks  <i>Take-home leftovers!</i>
<b>Dinner</b> (provided by Susan Ward, Hungry Hiker)	Roasted pasture-raised chicken garlic mashed potatoes Seasonal vegetables Caesar salad and coleslaw Fresh rolls  Vegetarian Lasagna	Homemade meatloaf Mashed potatoes, pan gravy Seasonal vegetables Caesar salad and Garden salad  Vegetarian chili served with jalapeno corn bread	Local, roast beef served with a rich red wine gravy Mashed potatoes Seasonal vegetables Caesar and garden salad Fresh baked rolls  Vegetarian Lasagna	BC Salmon Brown basmati rice Seasonal vegetables Caesar salad and garden salad – garlic croutons, dressing – All homemade Fresh baked crescent rolls  Moroccan vegetable stew	Lasagna, beef with three cheeses Caesar Salad and garden salad garlic bread  Vegetarian pasta bake	N/A
<b>Dessert</b> (provided by Susan Ward, Hungry Hiker)	Cheesecake	Brownies served with ice cream	Apple and Blue Berry Pie	Black forest cake	Lemon Meringue Pie	N/A

**\*\*Menu subject to change.**