

## Colorado Rocky Mountain School - Sample Menu

### *Day One*

**Breakfast:** Whole wheat pancakes with blueberries; hash browns; sausage; yoghurt; fresh fruit; oatmeal; whole wheat bagels; a selection of cereals including wheat free granola and muesli; juice, coffee, tea or hot cocoa.

**Lunch:** Crystal Ranch beef stew, bean and tofu stew, warm biscuits with honey butter, butternut squash and ginger soup, lentil soup; salad bar; sandwich bar; lemonade, ice tea, coffee, tea, hot cocoa.

**Dinner:** Cajun grilled Mahi Mahi; Portobello mushrooms stuffed with spinach and pine nuts, topped with goat cheese and a fresh tomato sauce; fresh steamed green beans; glazed carrots; quinoa, corn bread; chocolate cake with a warm chocolate sauce and whipped cream; lemonade, ice tea, coffee, tea, hot cocoa, spiced cider.

### *Day Two*

**Breakfast:** Breakfast burritos; hash browns; bacon; yoghurt; fresh fruit; blueberries; oatmeal; whole wheat bagels; a selection of cereals including wheat free granola and muesli; juice, coffee, tea or hot cocoa.

**Lunch:** Pork tamales or Bean tostadas with sour cream, cheese, shredded lettuce; guacamole; fresh salsa; Mexican corn; rice; vegetable posole soup, matzo ball soup; sandwich bar; salad bar; lemonade, ice tea, coffee, tea, hot cocoa or spiced cider.

**Dinner:** Lamb curry or vegetarian curry with chutney and toppings; basmati rice; naan bread; palak paneer; daal, popadoms; steamed cauliflower with lemon; ice cream sundaes; lemonade, ice tea, coffee, tea, hot cocoa, spiced cider.

### *Day Three*

**Breakfast:** Ham and mushroom quiche or spinach and mushroom quiche; hash browns, yoghurt; fresh fruit; blueberries; oatmeal; whole wheat bagels, a selection of cereals including wheat free granola and muesli; juice, coffee, tea or hot cocoa.

**Lunch:** Turkey or Roasted Vegetable (egg plant, zucchini, bell peppers) sandwich on rustic bread with pesto, sprouts and goat cheese; steamed broccoli; chicken noodle soup; tom yum gai soup; salad bar; sandwich bar; lemonade, ice tea, coffee, tea, hot cocoa or spiced cider.

**Dinner:** BBQ pork ribs or BBQ tempeh; sweet and spicy cabbage; roasted red potatoes with fresh rosemary; broccoli slaw; fresh baked seven grain bread; lemon bars; lemonade, ice tea, coffee, tea, hot cocoa or spiced cider.