



Athletes and Coaches Lunch Menus

Wednesday, August 5 (11 am – 2 pm, 11:00 – 14:00)

Selection of juices, pop and water
Chef's garden salad with assorted dressings
Penne with sausage and peppers – tofu vegetarian option
Bakery fresh rolls and butter

~~~~

### Thursday, August 6 (11 am – 2 pm, 11:00 – 14:00)

Selection of juices, pop and water  
Chef's garden salad with assorted dressings  
Chicken and vegetable stir fry – vegetable stir fry option  
Brown rice pilaf  
Vegetarian spring rolls

~~~~

Friday, August 7 (12 noon – 2 pm, 12:00 – 14:00)

Selection of juices, pop and water
Chef's garden salad with assorted dressings
Vegetarian tortilla soup
Southwest wraps – rice, beans, corn, salsa, chicken/beef/tofu

~~~~

### Saturday, August 8 (11 am – 2 pm, 11:00 – 14:00)

Selection of juices, pop and water  
Chef's garden salad with assorted dressings  
Thai curried coconut rotini with chicken – vegetable pasta option  
Bakery fresh rolls and butter

~~~~

Sunday, August 9 (11 am – 2 pm, 11:00 – 14:00)

Selection of juices, pop and water
Chef's garden salad with assorted dressings
Butter Chicken – Chana masala (chickpeas) vegetarian option
Basmati rice
Naan bread
Crispy papadums

~~~~



Monday, August 10 (12 noon– 2 pm, 12:00 – 14:00)

Selection of juices, pop and water

Chef's garden salad with assorted dressings

Selection of grilled cheese sandwiches – cheese, bacon, fajita, pear and spinach

Creamy tomato basil soup

House made potato chips

Crunchy dill pickle spears

~~~

Tuesday, August 11 (11:30 am – 1:30 pm, 11:30 – 13:30)

Selection of juices, pop and water

Tangy coleslaw

Home style potato salad

Old fashioned macaroni salad

Oven fried chicken – falafel patties vegetarian option

House made potato chips

Fresh watermelon slices