

This Menu IS subject to Change ☺ Please let us know if you have any food issues upon booking. Thank you!

<i><u>Wk Menu</u></i>	<b>SUNDAY</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
	<b><u>BREAKFAST</u></b>	<b><u>BREAKFAST</u></b>	<b><u>BREAKFAST</u></b>	<b><u>BREAKFAST</u></b>	<b><u>BREAKFAST</u></b>	<b><u>BREAKFAST</u></b>	<b><u>BREAKFAST</u></b>
<i><b><u>FIT</u></b></i>	Oatmeal or Breakfast Taco,	*WW Pancake, Egg, fruit**	Oatmeal or Egg sandwich,	*WW Pancake, egg, fruit **	Oatmeal, HB Egg,	*WW Power Pancake, egg, fruit	Omelet, whole grain toast
	Snack	Snack	Snack	Snack	Snack	Snack	Snack
	<b><u>LUNCH</u></b>	<b><u>LUNCH</u></b>	<b><u>LUNCH</u></b>	<b><u>LUNCH</u></b>	<b><u>LUNCH</u></b>	<b><u>LUNCH</u></b>	<b><u>LUNCH</u></b>
<i><b><u>FIT</u></b></i>	Chicken & Stir fry veggies, Salad Bar	Chicken (pico or marsala) w/veggie Salad bar	Veggie Chilli Salad Bar	Chicken Enchilada w/Green Beans Salad Bar	Chicken Stirfry ww pasta, mushrooms/ zucchini/ squash	Chicken Spaghetti w/broccoli Salad Bar	Chicken Taco Soup (1 cup) black beans, Salad Bar
	Snack	Snack	Snack	Snack	Snack	Snack	Snack
	<b><u>DINNER</u></b>	<b><u>DINNER</u></b>	<b><u>DINNER</u></b>	<b><u>DINNER</u></b>	<b><u>DINNER</u></b>	<b><u>DINNER</u></b>	<b><u>DINNER</u></b>
<i><b><u>FIT</u></b></i>	Roasted Turkey Sweet potato Salad bar	Tilapia w/leeks/eggplant & quinoa	Chicken Fajitas w/peppers-n-onions rice & beans Salad bar	Salmon w/steamed peas / carrots & rice Salad Bar	Tofu Manicotti w/Broccoli Salad Bar	Bar B Q Brisket, Chicken - beans Salad Bar	Cod Stir fry veggies snap peas /carrots/water chestnuts

\* On a hike days, whole wheat pancakes will be served to provide you with long lasting energy of complex carbohydrates.

\*\* Mid morning and mid afternoon Snacks will be available -----Please allow for deviations to menu.