

# Sample Menu

## **Friday Dinner:**

Shrimp and Grits.

## **Saturday Breakfast:**

Breakfast Tacos- chorizo, scrambled eggs, cilantro. Fresh Fruit.  
Coffee/Tea

## **Saturday Lunch:**

Baguette Sandwiches- prosciutto, pepperoni, arugala, roasted red pepper, provalone, and pesto. Sun chips. Apple.

Trail snacks: Kind Bar, mixed nuts.

## **Saturday Dinner:**

Pork Loin and Grilled Vegetables with Pesto over Cous Cous.

## **Sunday Breakfast:**

Lemon Zest Pancakes with Elderflower Syrup. Turkey Sausage. Fresh Fruit. Coffee/Tea.

\*\*Sparkling water, still water, coffee, tea, snacks also included.