



Lake Wentworth Summer Reunion

By Ms. Cowdrey

Family Picnic Guide



Lake Wentworth Summer Reunion – Vegan Grinder Menu

1. **The Lakeside Classic** – Beyond Meat steak slices, lettuce, tomato, onion, dill pickles, roasted red peppers, pepperoncini, vegan mayo + mustard.
2. **Campfire Roast** – Tofurky Smoked Deli Slices, grilled peppers & onions, lettuce, tomato, garlic aioli, dill pickles.
3. **Harborview BBQ Crunch** – Gardein BBQ Chick'n Strips, pickled onions, lettuce, tomato, pickles, vegan ranch drizzle.
4. **Sunset Picnic Grinder** – Field Roast Smoked Apple Sage Sausage, roasted peppers, caramelized onions, lettuce, tomato, pepperoncini, tangy mustard.
5. **Dockside Italian Hero** – Lightlife Pepperoni + Tofurky Bologna, lettuce, tomato, onion, banana peppers, pickles, Italian vinaigrette + oregano.
6. **Summer Garden Crunch** – No Evil Foods Comrade Cluck, lettuce, cucumber, tomato, red onion, sweet peppers, pickles, creamy vegan garlic spread.
7. **The Reunion Sub** – Daring Plant Chicken, grilled peppers & onions, lettuce, tomato, dill pickles, pepperoncini, chipotle vegan mayo.
8. **Lake Wentworth Veggie Supreme** – Upton's Seitan Strips, shredded lettuce, tomato, onion, roasted peppers, banana peppers, pickles, balsamic glaze + olive tapenade.
9. **Remember the 80s** – Tofurky Ham slices, vegan cheddar, shredded iceberg, tomato, onion, pickle chips, banana peppers, Thousand Island-style dressing.
10. **Forever Reunions** – Field Roast Turkey slices, cranberry chutney, lettuce, tomato, red onion, pickles, garlic mayo.
11. **Graeme Family Grinder** – Beyond Meatballs (sliced), marinara sauce, roasted peppers, caramelized onions, banana peppers, fresh basil.
12. **Lake Breeze BLT** – Lightlife Tempeh Bacon, lettuce, tomato, avocado, pickles, pepperoncini, smoky mayo.
13. **The Islander** – Daring Lemon-Herb Chick'n, pineapple salsa, lettuce, red onion, cucumber, pickles, creamy chili lime spread.

14. **Bonfire Buffalo** – Gardein Crispy Chick’n tossed in buffalo sauce, lettuce, tomato, onion, pickles, pepperoncini, vegan ranch.
 15. **Sandy Shores Sub** – Field Roast Italian Sausage (sliced), roasted red peppers, onions, shredded lettuce, tomato, tangy Dijon.
 16. **Old Boathouse Grinder** – Tofurky Roast Beef slices, grilled mushrooms, caramelized onions, lettuce, tomato, horseradish vegan mayo.
 17. **Canoe Trip Classic** – Beyond Burger crumbles (loose grinder-style), peppers, onions, lettuce, tomato, pickles, pepperoncini, chipotle ketchup.
 18. **The Family Dockside Feast** – Upton’s BBQ Jackfruit, pickled slaw, lettuce, tomato, dill pickles, banana peppers.
 19. **Moonlight Italian Night** – Lightlife Pepperoni + Field Roast Mortadella, lettuce, tomato, onion, roasted peppers, olives, red wine vinaigrette.
 20. **Endless Summer Grinder** – Daring Spicy Plant Chicken, roasted corn & pepper salsa, lettuce, tomato, onion, pickles, creamy avocado spread.
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Chips & Crunch

- Kettle-cooked potato chips
 - BBQ chips
 - Salt & vinegar chips
 - Pretzels
 - Tortilla chips + salsa
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Casseroles & Salads

1. **Rotini Italian Dressing Salad** – rotini pasta, cherry tomatoes, bell peppers, cucumbers, black olives, Italian vinaigrette.
2. **Classic Potato Salad** – baby potatoes, vegan mayo, celery, onion, dill pickles, mustard.
3. **Vegan “Tuna” Macaroni Salad** – elbow macaroni, chickpea “tuna,” celery, onion, sweet relish, vegan mayo.
4. **Zucchini & Tomato Bake** – layered zucchini, tomatoes, onions, herbed breadcrumbs.
5. **Baked Vegan Ziti** – ziti pasta, marinara, dairy-free mozzarella, basil.
6. **Green Bean Casserole** – green beans, mushroom sauce, crispy fried onions.

7. **Southwest Corn & Black Bean Salad** – corn, black beans, peppers, cilantro, lime dressing.
 8. **Broccoli Cashew Salad** – broccoli florets, dried cranberries, red onion, cashews, creamy vegan dressing.
 9. **Stuffed Pepper Casserole** – bell peppers, rice, lentils, tomato sauce, herbs.
 10. **Macaroni & Vegan Cheese Bake** – creamy cashew cheese sauce, breadcrumbs topping.
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Sides & Extras

- Bowls of dill pickles & bread-and-butter pickles
 - Marinated olives (green & black mix)
 - Fresh cut watermelon wedges
 - Veggie tray with hummus
 - Fresh baked rolls or cornbread muffins
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Drinks & Refreshments

- Sparkling seltzers (lime, berry, grapefruit)
 - Craft sodas (root beer, ginger ale, cream soda, cola)
 - Iced tea (sweet, unsweetened, lemon)
 - Lemonade (classic & strawberry)
 - Fruit juices (apple, orange, cranberry, pineapple)
 - Flavored water with cucumber, lemon, or mint
 - Kombucha varieties
 - Cold brew coffee
 - Non-alcoholic punch with citrus & fresh berries
 - Cooler stocked with ice & water bottles
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Games & Family Fun

- Decks of cards (Rummy, Poker, Go Fish for kids)
- Dominoes

- Frisbee
 - Volleyball or badminton set
 - Paddleball / beach bats
 - Board games for later: Uno, Connect 4, Apples to Apples
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Lake Wentworth Beach Packing List

- Sunglasses 🕶️
- Wide-brim hats / baseball caps
- Extra clothes & bathing suits
- Towels & big blankets for sitting
- Sunscreen (reef-safe if swimming)
- Aloe vera (after-sun care)
- Beach chairs
- Portable speaker for music
- Refillable water bottles
- Picnic cooler with ice packs
- Reusable utensils, plates, cups
- Trash & recycling bags
- Beach toys: buckets, shovels, sandcastle molds
- Inflatable floaties & tubes
- Life jackets for kids
- Books, magazines, crossword puzzles
- Camera or disposable cameras for memories

XO!