

## WEDNESDAY'S MEDIEVAL GAMES MENU

D:	Pan Fried Chicken Shawarma	gf, nf, sf
	Hummus	gf, nf, sf, vgn
	Yogurt-Cucumber Sauce	gf, nf, sf, vgn
	Pita, <i>traditional &amp; gluten free</i>	<i>df, nf, sf</i>
	Crudit�: Cucumbers, Carrots, Jicama, Celery, & Sweet Peppers	
	Creamy Polenta & Ratatouille	gf, nf, sf, vgn
	Buttermilk Poundcake	nf, sf, vgn
	Chocolate Mousse with Strawberry Sauce	gf, nf, sf, vgn

<i>Notations:</i>	<i>vgn</i>	<i>vegetarian</i>	<i>vgn</i>	<i>vegan</i>	<i>gf</i>	<i>gluten free</i>
	<i>df</i>	<i>dairy free</i>	<i>sf</i>	<i>soy free</i>	<i>nf</i>	<i>nut free</i>

## THURSDAY'S MEDIEVAL GAMES MENU

B: Breakfast Burritos filled with scrambled eggs, cheese, & refried beans with Roasted Tomato Salsa nf, sf, vgtm

Coconut-Vanilla Rice Pudding with Creamy Mango Sauce gf, nf, sf, vgn

Bananas & Pears

S/am: Granola, Yogurt, and Blueberry Parfaits gf, sf, vgtm  
*Vegan yogurt & nut free granola are available.* *gf, sf, nf, vgn*

L: Taco Salad Bar gf, nf, sf  
 Romaine, Red Cabbage, Kidney Beans, & Black Olives  
 with choice of seasoned ground turkey or seasoned tofu  
 with choice of cheese, sour cream, avocado dressing (vegan), & crispy corn tortilla strips

New World White Chocolate Almond Biscotti vgtm  
 Snickerdoodles nf, vgn  
 Caramel Corn gf, nf, sf, vgn

S/pm: Apples, Pretzels, & Peanut Butter Dip sf, vgn  
 Korean Noodles with Gochujang Sauce *may contain traces of wheat & soy* nf, vgn

D: Crusty Bread nf, vgn  
 GF Scones gf, nf, vgtm

Vegan Sausages nf, vgn  
 Herb Roasted Steelhead Trout gf, df, nf, sf  
 Smoked Chicken Drumsticks df, gf, nf, sf  
 Chicken-Apple Sausage gf, df, nf, sf

Roasted Broccoli, Carrots, & Creamer Potatoes gf, nf, sf, vgn

Rustic Chocolate Tart sf, vgtm  
 Gingerbread Cake nf, sf, vgtm  
 Apple Crostadas nf, vgn  
 Pear Cake gf, df, sf, vgtm

<i>Notations:</i>	<i>vgtm</i>	<i>vegetarian</i>	<i>vgn</i>	<i>vegan</i>	<i>gf</i>	<i>gluten free</i>
	<i>df</i>	<i>dairy free</i>	<i>sf</i>	<i>soy free</i>	<i>nf</i>	<i>nut free</i>

## FRIDAY'S MEDIEVAL GAMES MENU

B: Crustless Italian Quiche vgtn, gf, nf, sf, vgtm  
 Creamy Oatmeal gf, nf, vgn  
     with choice of bananas, dried fruit, walnuts, & brown sugar  
 Bananas & Pears

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S/am: Zucchini Muffins df, gf, nf, sf, vgtm  
 Banana & Peanut Butter Smoothies gf, sf, vgn

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L: Alfredo Chicken Pasta nf, sf  
 Spring Greens Salad with Buttermilk Dressing or Balsamic Vinaigrette (vegan) gf, nf, sf  
 Vegetable & Chickpea Masala with Quinoa gf, nf, sf, vgn

Brookies (marbled chocolate chip bar cookie & brownie) nf, vgtm  
 Double Chocolate Caramel Chip Cookies gf, nf, vgtm  
 Caramel Corn gf, nf, sf, vgn

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D: Chicken Gumbo & Rice df, nf, sf  
 Green Curry Soup with Pan Fried Tofu, Sauteed Red Onions,  
     Stir-Fried Vegetables, & Forbidden Rice nf, vgn  
 Creamy Tomato Basil Soup with Sauteed Fennel, Grilled Zucchini &  
     Sweet Peppers, & Cannellini Beans. *Contains cashews* gf, sf, vgn  
 Toasted Cornbread Squares sf, nf, vgtm  
 Buttermilk Biscuits sf, nf, vgtm  
 Wheat Rolls nf, sf, vgn  
 Oat Scones gf, df, nf, sf, vgtm

<i>Notations:</i>	<i>vgtn</i> <i>vegetarian</i>	<i>vgn</i> <i>vegan</i>	<i>gf</i> <i>gluten free</i>
	<i>df</i> <i>dairy free</i>	<i>sf</i> <i>soy free</i>	<i>nf</i> <i>nut free</i>

## SATURDAY'S MEDIEVAL GAMES MENU

B #1: Scratch Chai	gf, nf, sf, vgt
Assorted Teas	gf, nf, sf, vgn
Banana Bread	nf, sf, vgn
Lemon Bread	nf, sf, vgt
Pina Colada Scones	gf, nf, sf, vgn
B #2: Mediterranean Eggs (eggs poached in a tomato ragu)	gf, nf, sf, vgt
sourdough crostini	nf, sf, vgt
Oatmeal Buttermilk Waffles	nf, sf, vgt
with butter, syrup, & blueberry sauce	nf, sf, vgt
Mexican Breakfast Hash (pan-fried potatoes, onions, sweet peppers, & soyriso)	gf, nf, vgn
with guacamole	gf, nf, sf, vgn
Cuties & Pineapple	

*Coffee, hot water, assorted teas, cream, & sugar will be available each morning by 7am.  
Cups will NOT be provided.*

*Menu is subject to change without notice. Updated menus will be available on the website.*

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	<i>df</i>	<i>dairy free</i>	<i>sf</i>	<i>soy free</i>	<i>nf</i>	<i>nut free</i>

Please direct any food related questions to Colleen Pope at [arizonamedievalgames@gmail.com](mailto:arizonamedievalgames@gmail.com) at least **2 weeks in advance** of the event.

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