

WEDNESDAY'S MEDIEVAL GAMES MENU

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

<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>
	<i>cp</i>	<i>chicken sausage in a pork casing</i>				

THURSDAY'S MEDIEVAL GAMES MENU

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

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

Bananas & Oranges

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

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

Caramel Corn gf, nf, vgn
Double Chocolate Caramel Chip Cookies gf, nf, vgn
Snickerdoodles nf, vgn

D: Crusty Bread nf, vgn
Baguette gf, nf, sf vgn

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

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

Rustic Chocolate Tart nf, vgn
Gingerbread Cake nf, sf, vgn
Apple Crostatas nf, sf, vgn
Almond Cake gf, sf, vgn

Notations:	<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>
	<i>cp</i>	<i>chicken sausage in a pork casing</i>				

FRIDAY'S MEDIEVAL GAMES MENU

B: Creamy Eggs, scrambled eggs blended with Boursin cheese gf, nf, sf, vgt

Creamy Oatmeal gf, nf, vgn
 with choice of bananas, dried fruit, walnuts, & brown sugar

Pears & Grapes

S/am: Banana & Peanut Butter Smoothies gf, sf, vgn
 Korean Noodles with Gochujang Sauce *may contain traces of wheat & soy* nf, vgn

L: Alfredo Chicken Pasta nf, sf
 Spring Greens Salad with Buttermilk Dressing & Balsamic Vinaigrette (vegan) gf, nf, sf

Vegetable & Chickpea Masala with Quinoa gf, nf, sf, vgn

Brookies nf, vgt
 Caramel Corn gf, nf, vgn

D: Chicken Gumbo & Rice cp, df, nf, sf

Green Curry Soup with Edamame, Sauteed Red Onions,
 Stir-Fried Vegetables, & Forbidden Rice nf, vgn
 Shredded Chicken available upon request

Creamy Tomato Basil Soup with Sauteed Fennel, Grilled Zucchini,
 Sweet Peppers, & Cannellini Beans. *Contains cashews* gf, sf, vgn

Toasted Cornbread Squares nf, sf,, vgt
 Buttermilk Biscuits nf, sf,, vgt
 Wheat Rolls nf, sf, vgn
 Focaccia gf, df, nf, vgt

Notations:	vgt	vegetarian	vgn	vegan	gf	gluten free
	df	dairy free	sf	soy free	nf	nut free
	cp	chicken sausage in a pork casing				

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
	Pumpkin Tamales	gf, nf, sf, vgn
B #2:	Mediterranean Eggs (eggs poached in a tomato ragu)	gf, nf, sf, vgt
	sourdough crostini & feta	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) with guacamole	gf, nf, vgn
		gf, nf, vgn
	Apples & Pineapple	

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

The menu is subject to change without notice. Updated menus will be available on the website.

Notations:	vgtn	vegetarian	vgn	vegan	gf	gluten free
	df	dairy free	sf	soy free	nf	nut free
	cp	chicken sausage in a pork casing				

Please direct any food related questions to Colleen Pope at
arizonamedievalgames@gmail.com at least **4 weeks in advance** of the event.

Updated January 2026