

WEDNESDAY'S MEDIEVAL GAMES MENU

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| 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 |
| | Crudité: Cucumbers, Carrots, & Sweet Peppers | |
| | Creamy Polenta & Ratatouille | gf, nf, sf, vgn |
| | Buttermilk Poundcake | nf, sf, vgtn |
| | Chocolate Mousse | gf, nf, sf, vgn |

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|-------------------|-------------|---|------------|-----------------|-----------|--------------------|
| <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, vgtn

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

Bananas & Oranges

S/am: Granola, Yogurt, and Blueberry Parfaits gf, sf, vgtn
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, vgtn
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, vgtn
Gingerbread Cake nf, sf, vgtn
Apple Crostatas nf, sf, vgn
Almond Cake gf, sf, vgn

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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> |
| | <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, vgn
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, vgn
Caramel Corn gf, nf, vgn

D: Chicken Gumbo & Rice cp, df, nf, sf
Green Curry Soup with Edamame, Sauteed Red Onions, nf, vgn
Stir-Fried Vegetables, & Forbidden Rice
Shredded Chicken available upon request
Creamy Tomato Basil Soup with Sauteed Fennel, Grilled Zucchini, gf, sf, vgn
Sweet Peppers, & Cannellini Beans. *Contains cashews*
Toasted Cornbread Squares nf, sf, vgn
Buttermilk Biscuits nf, sf, vgn
Wheat Rolls nf, sf, vgn
Focaccia gf, df, nf, vgn

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

SATURDAY'S MEDIEVAL GAMES MENU

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| B #1: Scratch Chai Assorted Teas | gf, nf, sf, vgt 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) sourdough crostini & feta | gf, nf, sf, vgt nf, sf, vgt |
| Oatmeal Buttermilk Waffles with butter, syrup, & blueberry sauce | nf, sf, vgt 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.

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|------------|------|----------------------------------|-----|----------|----|-------------|
| 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