

## 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>	df, nf, sf
	Crudit�: Cucumbers, Carrots, & Sweet Peppers	
	Creamy Polenta & Ratatouille	gf, nf, sf, vgn
	Buttermilk Poundcake	nf, sf, vgn
	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, vgt

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

Bananas & Oranges

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

Peanut Butter Dip w/ Pretzels and Apple Slices sf, 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

Chocolate Chip Biscotti nf, vgt  
Caramel Corn gf, nf, vgn  
Double Chocolate Caramel Chip Cookies gf, nf, vgt

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, vgt  
Gingerbread Cake nf, sf, vgt  
Irish Apple Cakes nf, sf, vgn  
Pear Cake gf, df, nf, vgt  
Almond Shortbread sf, 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				

## FRIDAY'S MEDIEVAL GAMES MENU

B:	Creamy Eggs, scrambled eggs blended with Boursin cheese	gf, nf, sf, vgt
	Creamy Oatmeal with choice of bananas, dried fruit, walnuts, & brown sugar	gf, nf, vgn
	Pears & Grapes	
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S/am:	Banana & Peanut Butter Smoothies	gf, sf, vgn
	Korean Noodles with Gochujang Sauce <i>may contain traces of wheat &amp; soy</i>	nf, vgn
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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 (marbled chocolate chip bar cookie-brownie)	nf, vgt
	Oatmeal Shortbread bars	nf, vgt
	Snickerdoodles	nf, vgn
	Caramel Corn	gf, nf, vgn
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D:	Chicken Gumbo & Rice	cp, df, nf, sf
	Green Curry Soup with Edamame, Sauteed Red Onions, Stir-Fried Vegetables, & Forbidden Rice	nf, vgn
	Creamy Tomato Basil Soup with Sauteed Fennel, Grilled Zucchini, Sweet Peppers, & Cannellini Beans. <i>Contains cashews</i>	gf, sf, vgn
	Sausage, Kale, & Black-Eyed Pea Soup	cp, gf, sf, nf
	Toasted Cornbread Squares	nf, sf,, vgt
	Buttermilk Biscuits	nf, sf,, vgt
	Wheat Rolls	nf, sf, vgn
	Oat Scones	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
Pina Colada Scones	gf, nf, vgn
Zucchini Muffins	df, gf, nf, sf, vgt
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.*

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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>				

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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