

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 & gluten free</i>	df, nf, sf
	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, vgtn

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

Bananas & Pears

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, & 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 vgtn
 Snickerdoodles nf, vgn
 Caramel Corn gf, nf, vgn

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

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 nf, vgtn
 Gingerbread Cake nf, sf, vgtn
 Apple Crostadas nf, vgn
 Pear Cake gf, df, nf, vgtn

<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>

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
 Bananas & Pears

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 (marbled chocolate chip bar cookie-brownie) nf, vgn
 Double Chocolate Caramel Chip Cookies gf, nf, vgn
 Caramel Corn gf, nf, vgn

D: Chicken Gumbo & Rice 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. *Contains cashews* gf, sf, vgn
 Toasted Cornbread Squares nf, sf,, vgn
 Buttermilk Biscuits nf, sf,, vgn
 Wheat Rolls nf, sf, vgn
 Oat Scones gf, df, nf, 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>

SATURDAY'S MEDIEVAL GAMES MENU

B #1: Scratch Chai	gf, nf, sf, vgtm
Assorted Teas	gf, nf, sf, vgn
Banana Bread	nf, sf, vgn
Lemon Bread	nf, sf, vgtm
Pina Colada Scones	gf, nf, vgn
Zucchini Muffins	df, gf, nf, sf, vgtm
B #2: Mediterranean Eggs (eggs poached in a tomato ragu) sourdough crostini & feta	gf, nf, sf, vgtm nf, sf, vgtm
Oatmeal Buttermilk Waffles with butter, syrup, & blueberry sauce	nf, sf, vgtm nf, sf, vgtm
Mexican Breakfast Hash (pan-fried potatoes, onions, sweet peppers, & soyriso) with guacamole	gf, nf, vgn gf, nf, 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 at least **2 weeks in advance** of the event.

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