

## 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, 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>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>

## 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 & Pears

S/am: Granola, Yogurt, and Blueberry Parfaits gf, sf, vgt  
*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 Chocolate Chip Biscotti nf, vgt  
Snickerdoodles nf, vgn  
Caramel Corn gf, nf, vgn

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

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

<i>Notations:</i>	<i>vgt</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 with choice of bananas, dried fruit, walnuts, & brown sugar	gf, nf, vgn
	Bananas & Pears	
<hr/>		
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
<hr/>		
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
<hr/>		
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. <i>Contains cashews</i>	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>df</i> <i>gf</i> <i>nf</i>	<i>vgn</i> <i>vegetarian</i> <i>dairy free</i>	<i>vgn</i> <i>vegan</i> <i>soy free</i>	<i>gf</i> <i>gluten free</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, 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
	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.*

<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>

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.

Updated December 2024