

The following is the conference menus for the SCDROCKS Conference taking place on September 13, 14 and 15. Each page presents a menu for each day.

The food is gluten-free and SCD legal. This menu is subject to change. Final menus and ingredients will be available at the conference at each food event. All food is provided by Duke's Bakery.

September 13, 2019

Dinner 5pm to 9pm

Main Station- Bolognese- ground beef simmered with marinara

Grass fed beef and sausage with butternut squash

Vegetable station- spaghetti Squash, Broccoli

Salad Station- make your own salad, lettuce, tomatoes, cucumbers, onions, carrots, peppers, hard-boiled eggs. SCD Ranch Dressing and oil and vinegar options

Dessert- cinnamon roll, date bar, bananas

Coffee, black tea and water with honey

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September 14, 2019

Breakfast at 8:00 am to 9:00 am

Eggs Station- cook to order eggs and hard-boiled eggs
Meat station- Turkey Sausage or ground turkey
Assorted platter of freshly sliced cheeses
Assorted platter of fresh cut up fruit with bananas and blueberries
Yogurt- dairy milk only
Almond flour bread and coconut flour bread
Jams- strawberry, raspberry or blueberry
Coffee, black tea and water with honey

Morning break snack:

banana bread and carrot cake muffins
Coffee, black tea and water with honey

Lunch at 12:00 to 1:30 pm

Meat Station- SCD Shepherd's pie with grass fed beef, peas or carrots and cauliflower mash
Chicken with Brussel sprouts and cauliflower mash
Chicken soup with chicken, carrots and celery
Almond flour bread
Assorted platter of fresh cut up fruit with bananas and blueberries
Yogurt Station- dairy milk only
Coffee, black tea and water with honey

Afternoon break snack:

Erica Kerwien's recipe
Coffee, black tea and water with honey

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September 14, Saturday

Dinner at 6:00 pm to 8:00 pm

Meat Station- baked chicken, chicken piccata

Vegetable station-asparagus, cauliflower mash, roasted zucchini

Fruit- bananas and blueberries

Yogurt station-dairy milk only

Dessert- vanilla and pumpkin cupcakes

Coffee, black tea and water with honey

Show: 8:00-10:00 pm

True Story Theatre performance: "Stories of Resilient Warriors"

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September 15, 2019

Breakfast at 8:30 am to 9:30 am

Eggs Station- cook to order eggs and hard-boiled eggs
Meat station- Turkey Sausage or ground turkey
Assorted platter of freshly sliced cheeses
Assorted platter of fresh cut up fruit with bananas and blueberries
Yogurt- dairy milk only
Almond flour bread and coconut flour bread
Jams- strawberry, raspberry or blueberry
Coffee, black tea and water with honey

Morning break snack:

Jelly Rolls, cinnamon rolls
Coffee, black tea and water with honey

Lunch at 12:00 to 1:30 pm

Meal Station- chicken salad and grilled chicken (plain and seasoned)
Vegetable station- Coleslaw, lettuce, sliced tomatoes, onions, chopped celery
Mayo, SCD Caesar and Ranch dressing
Almond flour bread and coconut flour bread
Assorted platter of fresh cut up fruit with bananas and blueberries
Yogurt station- dairy milk only
Coffee, black tea and water with honey

Afternoon break snack:

variety of cookies, peanut butter brownie
Coffee, black tea and water with honey