

2023 SCDROCKS Conference Menus

SATURDAY, AUGUST 5TH

<p>Breakfast</p> <p>Fresh Whole Fruit: Apples, Spotted Bananas, Peaches Wellbee's Cashew Butter Jennifer Brown's Turkey-Egg Breakfast Casserole Plain Scrambled Eggs Platter of Freshly Sliced Assortment of Cheeses</p>	<p>Morning Snack</p> <p>Hard-Boiled Eggs Erica Kerwien's Banana Bread Red & Green Grapes Sliced Oranges Raw Walnuts</p>
<p>Lunch</p> <p>Erica Kerwien's Roasted Asparagus Soup Chilled Marinated Shrimp on Sliced English Cucumbers Rosemary Beef Pot Roast Rosemary Roasted Portobello Mushrooms Grilled Simply Seasoned Chicken Cutlets Basil-Roasted Zucchini, Yellow Squash, & Tomatoes Blueberries & Sliced Pineapple</p>	<p>Afternoon Snack</p> <p>Fresh Whole Fruit: Apples, Spotted Bananas, Peaches Tillamook Sharp Cheddar Cheese Red Lentil Flour Chicken Tenders Wellbee's BBQ Sauce & Wellbee's Ketchup Vegan Split Pea Soup</p>

SUNDAY, AUGUST 6TH

<p>Breakfast</p> <p>Fresh Whole Fruit: Apples, Spotted Bananas, Peaches Wellbee's Cashew Butter Turkey Breakfast Sausage Patties Roasted Sides of Salmon Plain Scrambled Eggs Butter Biscuits</p>	<p>Morning Snack</p> <p>Fresh Whole Fruit: Apples, Spotted Bananas, Peaches Wellbee's Cashew Butter Slow Cooked Applesauce Hard-Boiled Eggs Raw Almonds</p>
<p>Lunch</p> <p>Dr. Axe Beef Bone Broth Spinach Salad Station with Sliced Mushrooms, Cherry Tomatoes, Red Onion, Radishes Olive Oil, Red Wine Vinegar Sloppy Joes Three Ways: Beef, Turkey, and Vegan Eggplant-Mushroom Emma Eats & Explores Paleo Cornbread Erica Kerwien's Tangy Coleslaw Roasted Brussels Sprouts Sliced Watermelon</p>	<p>Afternoon Snack</p> <p>Fresh Whole Fruit: Apples, Spotted Bananas, Peaches Wellbee's Cashew Butter Carrot Sticks & Celery Sticks Cinnamon-Peach Upside Down Cake Extra Odds & Ends</p>

**Final menu subject to change, within SCDA-advised ingredients, based on ingredient availability.*



2023 SCDROCKS Conference

Ingredients List

SATURDAY, AUGUST 5TH

BREAKFAST

Fresh Whole Fruit: Apples, Spotted Bananas, & Peaches

Wellbee's Cashew Butter
[Unroasted Cashews]

Breakfast Scramble
Ground Turkey, Extra Virgin Olive Oil, Dried Rosemary, Dried Oregano, Himalayan Pink Salt, Paprika, Red Bell Pepper, Orange Bell Pepper, Whole Eggs

Freshly Cracked Plain Scrambled Eggs

Cheese Platter
Cheddar, Colby, Havarti, Provolone, Swiss, Gruyere

MORNING SNACKS

Hard-Boiled Eggs

Banana Bread
Wellbee's Almond Flour, Coconut Flour, Baking Soda, Himalayan Pink Salt, Extra Virgin Olive Oil, Whole Eggs, Bananas, Honey

Seedless Red & Green Grapes

Sliced Oranges

Raw Walnuts

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Ingredients List

SATURDAY, AUGUST 5TH

LUNCH

Roasted Asparagus Soup
Asparagus, Leeks, Cauliflower, Avocado Oil, Himalayan Pink Salt, Water

Chilled Marinated Shrimp
Shrimp, Heinz Distilled White Vinegar, Fresh-Squeezed Lemon Juice, Avocado Oil, Dried Oregano, Dried Thyme, Himalayan Pink Salt, Honey, English Cucumbers

Rosemary Beef Pot Roast
Dried Rosemary, Himalayan Pink Salt

Rosemary Roasted Portobello Mushrooms
Dried Rosemary, Himalayan Pink Salt

Grilled Simply Seasoned Chicken Cutlets
Himalayan Pink Salt, Avocado Oil

Roasted Zucchini, Yellow Squash, & Tomatoes
Dried Basil, Himalayan Pink Salt

Blueberries & Pineapple

AFTERNOON SNACKS

Fresh Whole Fruit: Apples, Spotted Bananas, & Peaches

Wellbee's Cashew Butter
[Unroasted Cashews]

Tillamook Sharp Cheddar Cheese
[Cultured Milk, Salt, Enzymes, Annatto]

Red Lentil Flour Chicken Tenders
Chicken Tenderloins, Wellbee's Red Lentil Flour, Avocado Oil, Himalayan Pink Salt, Honey

Wellbee's BBQ Sauce
[Tomato Puree, Honey, Heinz Apple Cider Vinegar, Onions, Garlic, Pineapple Juice, Sea Salt, Ground Mustard Seed, Hickory Smoke, Cayenne Pepper, White Pepper, Ground Celery Seed, Cloves, Cinnamon]

Wellbee's Ketchup
[Tomato Puree, Honey, Apple Cider Vinegar, Sea Salt, Onion, Garlic, White Pepper, Cloves, Cinnamon]

Vegan Split Pea Soup
Green Split Peas (soaked overnight), Avocado Oil, Himalayan Pink Salt, Carrot, Celery, Dried Oregano, Dried Thyme, Water



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BREAKFAST

Fresh Whole Fruit: Apples, Spotted Bananas, & Peaches

Wellbee's Cashew Butter
Unroasted Cashews

Turkey Breakfast Sausage Patties
*Ground Turkey, Dried Sage, Fennel Seed, Dried Thyme,
Avocado Oil, Himalayan Pink Salt*

Roasted Sides of Salmon
Fresh Lemon Slices, Himalayan Pink Salt

Freshly-Cracked Plain Scrambled Eggs
Ghee

Butter Biscuits
*Wellbee's Almond Flour, Whole Eggs, Ghee, Honey, Baking
Soda, Himalayan Pink Salt*

MORNING SNACKS

Fresh Whole Fruit: Apples, Spotted Bananas, & Peaches

Wellbee's Cashew Butter
Unroasted Cashews

Slow Cooked Applesauce
Skin-On Apples, Honey, Water

Hard-Boiled Eggs

Raw Almonds

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Ingredients List

SUNDAY, AUGUST 6TH

LUNCH

Fresh Whole Fruit: Apples, Spotted Bananas, & Peaches

Beef Bone Broth

Beef Bones, Carrots, Celery, Bay Leaves, Heinz Apple Cider Vinegar, Water, Himalayan Pink Salt

Spinach Salad Station

Sliced Mushrooms, Cherry Tomatoes, Red Onion, Radishes, Extra Virgin Olive Oil, Heinz Red Wine Vinegar

Beef **OR** Turkey Sloppy Joes

*Ground Beef **OR** Turkey, Carrots, Celery, Red & Golden Beets, Dry Mustard, Honey, Heinz Apple Cider Vinegar, Avocado Oil, Himalayan Pink Salt*

Vegan Sloppy Joes

Eggplant, Mushrooms, Carrots, Celery, Red & Golden Beets, Dry Mustard, Heinz Apple Cider Vinegar, Avocado Oil, Himalayan Pink Salt

Paleo Cornbread

Wellbee's Almond Flour, Coconut Flour, Whole Eggs, Ghee, Honey, Baking Soda, Himalayan Pink Salt

Tangy Coleslaw

Green Cabbage, Red Cabbage, Heinz Apple Cider Vinegar, Honey, Himalayan Pink Salt

Roasted Brussels Sprouts

Avocado Oil, Himalayan Pink Salt

Sliced Watermelon

AFTERNOON SNACKS

Fresh Whole Fruit: Apples, Spotted Bananas, & Peaches

Carrot Sticks, Celery Sticks

Cinnamon-Peach Upside Down Cake

Honey, Nutmeg, Cinnamon, Fresh Peaches, Coconut Flour, Baking Soda, Whole Eggs, Homemade Slow Cooked Applesauce (Apples, Honey, Water), Vanilla, Coconut Oil, Water