

The Story of Life Seminar

August 12–16, 2024

—MENU—

BREAKFAST OPTIONS

Granola
Yogurt
Bagels, cream cheese
Bacon and eggs
Fruit salad (cantaloupe, honey dew, grapes, apples, Greek yogurt,
[walnuts], shredded coconut, sliced banana, blueberries)
Optional: Saturday before departure

LUNCH OPTIONS

Sandwiches
Roast beef
Tuna salad
Egg salad
Grilled cheese
—*with*—
Swiss cheese
Cheddar cheese
Deviled eggs
Pickles
Potato chips

DINNER OPTIONS

Sunday: Shrimp fried rice, egg, onion, peas, carrots
Monday: Pot roast, baby potatoes, carrots, celery, onions, mushrooms
Tuesday: Asian curry rice, steak, onion, baby potatoes, carrots, mushrooms
Wednesday: Hamburgers and hotdogs/brats, cheese, homemade baked beans, chips, sauerkraut, pickles
Thursday: Salmon filet, mushrooms, bell peppers, onions
Friday: Rib eye steak, mushrooms, bell peppers, onions

SNACKS

Watermelon
Fresh fruit (same as for fruit salad)
Chips
Cherry tomatoes
Spicy peanuts
Whatever you can find in the pantry...