

2019 Week Ride Menu

Date	Breakfast	Lunch	Dinner
Day 0	Oakridge		Oakridge
Saturday 9/7	N/A	N/A	Grilled Steak or Quinoa Enchilada Casserole Fresh Broccoli Baked Potato Bar Dinner Rolls Triple Berry Crumble
Day 1	Oakridge		Rainbow
Sunday 9/8	Bacon Baked Eggs Florentine w/ Hollandaise Diced Potatoes Oatmeal Assorted Sweet Breads Assorted Fruits Continental Bar	Roasted Turkey with Mozzarella and Basil on Brioche or Roasted Red Pepper Hummus with Spinach on Brioche Cabbage Vinaigrette Salad Chips Snickerdoodle Cookies Apples & Grapes	Grilled Chicken with Curry Sauce or Curried Cauliflower and Chickpeas Snap Peas White Rice Naan Mango Mousse Cake
Day 2	Rainbow		Tumalo
Monday 9/9	Chicken Fried Steak Scrambled Eggs Biscuits & Sausage Gravy Oatmeal Assorted Sweet Breads Assorted Fruits Continental Bar	Roast Beef with Dill Slaw Wrap or Black Bean and Sweet Potato Wrap Broccolini Salad Kettle Chips Oatmeal Raisin Cookies Apples & Grapes	Italian Sausage or Gardein Meatless Meatballs Green Beans Penne Pasta with Red Sauce Garlic Toast Cheesecake
Day 3	Tumalo		La Pine
Tuesday 9/10	Sausage Patties Scrambled Eggs with Kale Diced Potatoes Oatmeal Assorted Bagels Assorted Fruits Breakfast Bar	Shredded Roast Pork Bahn Mi on a French Roll or Vegetable Bahn Mi on a French Roll Marinated Vegetable Salad Potato Chips Chocolate Fudge Cookies Apples & Grapes	Roasted Turkey or Mushroom, Kale & Quinoa Frittata Baby Carrots Roasted Baby Potatoes Dinner Rolls Brownies
Day 4	La Pine		Diamond Lake
Wednesda y 9/11	Bacon Cheese Omelets Blueberry Pancakes Oatmeal Assorted Sweet Breads Assorted Fruits Continental Bar	Greek Style Chicken Wrap or Greek Seasoned Chickpea Wrap Pesto Orzo Salad Chips Peanut Butter Cookies Apples & Grapes	Grilled Chicken Breast or Polenta with Greens & Beans Fresh Asparagus Ravioli with Artichoke Cream Sauce Breadsticks Tiramisu

Day 5	Diamond Lake		Diamond Lake
Thursday 9/12	Sausage Links Scrambled Chilaquiles Diced Potatoes Oatmeal Assorted Sweet Breads Assorted Fruits Continental Bar	Spicy Beef Salad with Asian Noodles or Edamame Salad with Asian Noodles Cucumber and Tomato Salad Kettle Chips Oreo Cookies Apples & Grapes	Ribs with a Choice of Sauces or Crispy Tofu with a Choice of Sauces Mexi-Corn Baked Beans Corn Muffins Strawberry Crème Cake
Day 6	Diamond Lake		Dorena Lake
Friday 9/13	Ham Scrambled Eggs French Toast Oatmeal Assorted Sweet Breads Assorted Fruits Continental Bar	Sliced Ham and Cheddar Cheese on a Croissant or White Bean and Basil Spread on a Croissant NW Quinoa Salad Chips Chocolate Chip Cookies Apples & Grapes	Mongolian Beef or Mongolian Mushrooms & Edamame Fresh Broccoli White Rice Breadsticks Chocolate Mousse Pie
Day 7	Dorena Lake		Oakridge
Saturday 9/14	Bacon Scrambled Eggs with Spinach & Feta Potato Pancakes Oatmeal Assorted Sweet Breads Assorted Fruits Continental Bar	BBQ Pulled Pork Sandwich on a Kaiser Roll or Veggie Burger on a Kaiser Roll Homemade Coleslaw Assorted Chips Assorted Cookies Apples & Grapes	N/A