

# BOW Weekend Menu

January 25-27, 2019

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## Friday, January 25

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### Dinner

- Pork
- Mashed skin-on red potatoes
- Vegan, gluten-free gravy
- Grilled Tempeh
- French cut multi-colored carrots
- Dinner rolls & butters
- Gluten-free apple crisp with whip cream
- Also a vegan dessert option

## Saturday, January 26

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### Breakfast

- Farmers scramble
- Potato O'brien
- Chicken sausage and veggie sausage
- Berries
- Fruit
- Yogurt
- Granola
- Oatmeal bar

### Lunch

- Szechuan beef
- Szechuan jackfruit
- Broccoli
- Pad Thai noodles
- Farro salad
- Salad bar
- Assorted cookies
- Fruit

## Saturday, January 26 (cont'd)

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### Dinner

- Chicken Piccata
- Mock Duck
- California Blend vegetables
- Winter vegetable couscous
- Fingerling potatoes
- Olive bread & butters
- Cheese cake and Gluten-free torte

## Sunday January 27

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### Breakfast

- Fresh blueberry pancakes
- Pork bacon and veggie sausages
- Fried eggs
- Potato medley
- Fruit
- Yogurt
- Oatmeal bar

### Lunch

- Beef and chicken fajitas
- Sautéed onions, peppers,
- Black beans
- Refried beans
- Cilantro rice
- Dessert bars