Allen Island Menu

Name __________________________________________________________

Cell Phone Number _____________________________________________

Date of Program _______________________________________________

Date and Time of Food Pick Up ___________________________________

Total number of Breakfast _____, Lunch ____, and Dinners _____ requested.

Please list participating students and ID numbers:

<table>
<thead>
<tr>
<th>Student Name</th>
<th>Colby ID Number</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Description of Meal Needs (example – breakfast, lunch, and dinner for overnight stay on island) and any special considerations

Please select your meals below. Circle the desired menu items and in each circle indicate the date and the number of meals needed. Please consider the dietary restrictions of your group when selecting meals.
**Breakfast Options:**

**Meal one:**
- Steel cut oats (with craisins and brown sugar)
- Fruit Salad
- Scrambled eggs, or egg whites
- bacon
- Croissants (with butter and jam)

**Meal Two:**
- Fruit salad
- Cream of wheat
- pancakes
- Fried eggs
- sausage

**Meal Three:**
- Cream of Wheat
- Sausage Gravy with biscuits
- Eggs
- Fruit Salad

**Meal Four:**
- Maypo
- Sausage
- Vegetarian Sausage
- French Toast
- Fried Eggs
- Maple syrup
- Fruit Salad

**Lunch Options:**

**Meal One**
- Deli turkey, ham, and salami
- Tofurkey “salami”
- Assorted bread (including gluten free)
- PC condiments
- Tostitos and salsa
- Power Bars
- Assorted Hand Fruit

**Meal Two:**
- Clam chowder
- French baguettes
- Spinach and radish salad with balsamic vinaigrette
- Assorted hand fruit
- Power bars
- Corn “Chowder” (made with soy milk)
Meal Three:
- Deli platter with crudité
- Quinoa salad with tomatoes and basil
- Assorted bread
- Hand fruit
- Power bars
- Fruit salad
- Potato chips

Dinner

Meal One:
- Tossed Salad (mixed greens, cucumber, matchstick carrots, sliced mushrooms, chick peas, grape tomatoes, pickled red onions)
- Hand Fruit
- Balsamic Vinaigrette
- Curried Chicken Thighs
- Basmati Rice
- Roasted Broccoli
- Roasted Carrots
- Naan
- Brownies

Meal Two:
- Tossed Salad (mixed greens, cucumber, matchstick carrots, sliced mushrooms, chick peas, grape tomatoes, pickled red onions)
- Honey Dijon dressing
- Whole Roast Chicken
- Roasted Yukon Gold Potatoes
- Green beans
- Rainbow Chard
- Brownies

Meal Three:
- Tossed Salad (mixed greens, cucumber, matchstick carrots, sliced mushrooms, chick peas, grape tomatoes, pickled red onions)
- Ranch Dressing
- Beef Stew with Parsnips, Carrots and Celery
- Roasted Potatoes with rosemary
- Biscuits
- Spinach
- Brownies
**Vegetarian/Vegan**

**Meal one:**
- Tossed Salad (mixed greens, cucumber, matchstick carrots, sliced mushrooms, chick peas, grape tomatoes, pickled red onions)
- Red wine vinaigrette
- Curried Tofu
- Quinoa
- Roasted Broccoli
- Roasted Carrots
- Brownies

**Meal two:**
- Tossed Salad (mixed greens, cucumber, matchstick carrots, sliced mushrooms, chick peas, grape tomatoes, pickled red onions)
- Red wine vinaigrette
- Whole Grain Pasta with Marinara and GREAT TASTING VEGAN MEATBALLS
- Parmesan Cheese
- Garlic Bread
- Brownies

**Meal Three:**
- Three Bean Chili
- Brown rice
- Biscuits
- Roasted cumin broccoli
- Shredded cheddar cheese (optional)
- Brownies

**Beverages:**
- Ground Coffee with filters
- Assorted Tea
- Lemonade Concentrate
- Fruit Juice Concentrate
- Milk for breakfast and coffee/tea