

OPERATION TRACKSHOES 2018 - FOOD MENU WITH DIETARY INFORMATION

To the best of our ability, we have identified those foods that contain dairy products.

FRIDAY BUFFET DINNER

Mixed green salad
Sliced tomatoes
Ranch & Italian dressing

Regular lasagna
Vegetarian/non-dairy/gluten free lasagna
Stir Fry vegetables

Milk (2%)
Apple & orange juice
Decaf coffee & herbal tea
Regular coffee & tea, by request

Fresh fruit salad
Jello
Vanilla cake with chocolate icing

Dietary Information

- No food contains nuts.
- Dairy allergies avoid: Ranch dressing, Regular lasagna, Cake.
- Gluten Free avoid: Regular lasagna, Dressing, Cake

FRIDAY EVENING SNACKS

At the entertainment venues:

Apple juice
Decaf coffee & herbal tea
Regular coffee & tea, by request

Back at the dorms:

Hot chocolate & assorted juice

SATURDAY BUFFET BREAKFAST

Hash Browns
Scrambled eggs (dairy & gluten free)
Bacon & Sausage

Orange & grapefruit sections
Corn Flakes & Rice Krispies
Small croissants
Jams & butter
Muffins & bagels
Bananas & apples
Gluten free toast/rice cakes

Milk (2%)
Apple & orange juice
Coffee & tea, regular & decaf

LUNCH AT THE STADIUM

Bunwiches
• Ham & cheese, white bun
• Cheese, white bun
• Veggie, brown bun, by request only

Assorted juice

Apples & bananas
Raisins
Kellogg's Rice Krispies squares

Specialty Bag Lunches: PRE-ORDERED ONLY for Strict Dietary Needs available beside bag lunch preparation area behind Stadium

JUNIOR PROGRAM BANQUET

Chicken fingers with fries

Rainbow of veggie sticks and dip
Salad with Ranch dressing, by request
Buns

Apple & orange juice

Green Jell-O
Dixie Cups

Vegetarians can request the vegetarian dish offered at the adult banquet.

Dietary Information

- Dairy allergies avoid: Ranch Dressing, Dixie Cups
- Gluten Free avoid: Chicken Fingers, dressing, buns

TEEN BANQUET

Green leaf salad with Ranch Dressing

Chicken Schnitzel with gravy
Vegetarian mushroom phyllo strudel (by request)

Roasted potatoes
Seasonal vegetables
Buns

Neapolitan ice cream, with ladyfingers

Decaf coffee & herbal tea
Regular coffee & tea, by request

Dietary Information

- The dessert may contain traces of nuts.
- Dairy allergies avoid: Ranch dressing, Mushroom Phyllo Strudel, ice cream
- Gluten Free avoid: Chicken Schnitzel with gravy, buns, lady fingers

ADULT BANQUET

Green Salad with Ranch dressing

Fresh rolls & butter
Mashed potatoes
Vegetable medley

Chicken Breast with Tomato Sauce & Pesto Oil – Gluten/Dairy Free
Vegetarian Gluten/Dairy Free Stuffed Red Pepper

Cheesecake with Fruit Coulis

Decaf coffee & herbal tea
Regular coffee & tea, by request

Dietary Information

- No food contains nuts.
- Dairy allergies avoid Ranch dressing, mashed potatoes, & Cheesecake

SATURDAY EVENING SNACKS

At the Entertainment Venues

Assorted juice
Decaf coffee & herbal tea
Regular coffee & tea, by request
Bunwiches (same as lunch)
Apples & bananas
Raisins & Rice Krispies Squares (Junior Program only)

Back at the Dorms

Hot chocolate & assorted juice

SUNDAY BUFFET BREAKFAST

Same as Saturday breakfast

SUNDAY BUFFET LUNCH

Mixed green salad
Sliced tomatoes
Ranch & Italian dressing

French Fries
Pizza

Milk (2%)
Apple & orange juice
Coffee & tea, regular & decaf

Fresh fruit salad
Strawberry Mousse

Dietary Information

- No food contains nuts.
- Dairy allergies avoid: Pizza, Ranch dressing, Mousse
- Gluten Free pizza available