

## OPERATION TRACKSHOES 2023 - FOOD MENU WITH DIETARY INFORMATION

*There will also be food available to those who adhere to a strict vegetarian or vegan diet or have a medical reason for dairy or gluten free meals AND have pre-registered with us at least fourteen days in advance.*

### FRIDAY BUFFET DINNER

Mixed green salad & dressing

Beef Marinara Penne (GD/DF)  
Steamed mixed vegetables  
Marinara Penne (Vegan/GF)

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

Orange Jell-O  
Assorted dessert bars and squares  
Fresh fruit salad GF/Vegan  
Whole fruit

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

### FRIDAY EVENING SNACKS

**At the Entertainment Venues**  
Decaf coffee & herbal tea  
Regular coffee & tea, by request

**At the Dorms**  
Nutrigrain Bar  
Hot chocolate & assorted juice

### SATURDAY BUFFET BREAKFAST

Scrambled eggs GF/DF  
(Vegan Scramble by request)  
Hash browns DF (GF may be available)  
Bacon (GF/DF)

Minis Croissants (DF)  
GF toast or Rice Cakes (GF/Vegan)

Whole fruit  
Apple or Orange juice  
Coffee & Tea  
Water

### SATURDAY LUNCH AT THE STADIUM

Bunwiches

- Ham & cheese, white bun
- Cheese, white bun
- Veggie, brown bun (Dairy Free) by request only

Assorted juice

Apples & bananas  
Raisins  
Kellogg's Rice Krispies squares

### YOUTH BANQUET

Chicken fingers with plum sauce (BBQ sauce available by request)  
Plain chicken is available by request for those who are GF  
GF/Vegan/vegetarian enchiladas available by request

Fries with ketchup portion cups

Veggie sticks & dip or salad with ranch dressing or salad with balsamic dressing GF/V by request)

Buns & Butter

Neapolitan Ice cream & cookie  
GF/Vegan Ice Cream & cookie available by request  
Fruit (available by request)

Apple & orange juice

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

### ADULT BANQUET BUFFET

Tossed Green Salad,  
Ranch and Italian dressing  
Potato Salad  
Pasta Salad

Chicken Cacciatore (GF/DF)  
Tofu Cacciatore (Vegan/GF/DF by request)  
Roasted Vegetable Marinara Rotini (Vegan/GF/DF by request)  
Basil Scented Rice,  
Vegetable Medley GF/DF by request

New York Cheesecake  
- Blueberry and Lemon Compote  
- Coconut Trifle Vegan/GF/DF by request

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

### 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 & Kellogg's Rice Krispie squares (children only)

**Back at the Dorms**  
Hot chocolate & assorted juice

### SUNDAY BUFFET BREAKFAST

Scrambled eggs (GF/DF)  
(Vegan Scramble by request)  
Hash browns DF (GF may be available)  
Sausages (DF)  
(GF bacon by request)

Minis Croissants (DF)  
GF toast or Rice Cakes (GF/Vegan)

Whole fruit  
Apple or Orange juice  
Coffee and tea  
Water

### SUNDAY BUFFET LUNCH

Pepperoni OR Cheese Pizza  
(Vegan/GF Pizza – pepperoni is a plant based vegan alternative)  
Fries (not GF)  
Small salad (GF) by request

Assorted cookies  
Fresh fruit salad by request.

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