

Spirit of Shasta 6/22 – 6/29

California - Breakfast

Sunday, June 23 – Yreka

Scrambled Eggs
Bacon
Chocolate Croissant
Steel Cut Oats
Hashbrown Patty
Fresh Blueberries
Breakfast Bar
Beverage Bar

Monday, June 24 – Happy Camp

Scrambled Eggs
Egg & Chorizo Empanada
Spanish Breakfast Potatoes
Mixed Fruit
Steel Cut Oats
Breakfast Bar
Beverage Bar

Tues, June 25 – Happy Camp LO

Scrambled Eggs
Turkey Sausage
Leek & Parmesan Croissant
Diced Cantaloupe
Steel Cut Oats
Continental Bar
Beverage Bar

Wednesday, June 26 – Etna

Quiche
Spiral Sliced Ham
Cranberry Orange Scone
Steel Cut Oats
Continental Bar
Beverage Bar

Thurs, June 27 – Etna LO Day

Scrambled Eggs
Thick Sliced Ham
Spinach Ricotta Croissant
Grapefruit
Steel Cut Oats
Continental Bar
Beverage Bar

Friday, June 28 – Weed

Scrambled Eggs
Biscuits & Sausage Gravy
Rosemary Garlic Potatoes
Sliced Peaches
Steel Cut Oats
Continental Bar
Beverage Bar

Saturday, June 29 – Weed LO Day

Asparagus Feta Casserole w/Potatoes
Kielbasa Sausage
Sliced Pears
Harvest Muffin
Steel Cut Oats
Breakfast Bar
Beverage Bar

Beverage Bar consists of the following:

Coffee, Half & Half, Tea, Milk, Assorted Juices
Assorted Hot & Cold Beverages

Breakfast Bar consists of the following:

Assorted Hot Cereal Toppings, Granola, Yogurts, Hard Boiled Eggs, Salsa, Assorted GF Cold Cereals and Peanut Butter

California - Lunch/Finish Line

<u>Sunday, June 23 – Happy Camp</u> Tuna Salad Sandwich Bar Wheat Montana Honey Wheat Bread Vegan: Chickpea of the Sea Mac Salad <u>Monday, June 24 – Happy Camp LO</u> Burnt End Sausage Dogs Vegan: Field Roast Sausage Dogs Sauerkraut Vegan Potato Salad <u>Tuesday, June 25 - Etna</u> Curried Chicken Wrap 5 Spice Tofu Wrap Power Green Salad w/ Seeds <u>Wednesday, June 26 – Etna LO</u> No Lunch	<u>Thursday, June 27 - Weed</u> Turkey Sandwich Bar Wheat Montana Honey Wheat Bread Vegan: Hummus Vegan Broccoli Salad <u>Friday, June 28 – Weed LO</u> Chicken Gyro w/ Tzatziki Sauce Vegan: Falafel Pita Bread Cauliflower Tabbouleh Salad <u>Finish Line Sat June 29 -Yreka</u> Pulled Pork Sandwich Vegan: BBQ Meati Kaiser Bun Watermelon Cabbage Slaw
**WINE TASTING PARTY 4 to 5 PM <u>Wednesday June 26</u>	

California Dinner

Saturday, June 22 – Yreka

Zesty Butterfly Shrimp
 Vegan: Grilled Chili Tofu
 Cilantro Lime Rice
 Edamame Veggie Blend
 Romaine Salad Bar
 Hawaiian Roll w/ Butter
 Ube Cheesecake

Sunday, June 23 – Happy Camp

Pesto Chicken
 Vegan: Pesto Meati Patties
 Roasted Broccoli
 Arcadia Mix Salad Bar
 Pasta Salad
 Garlic Bread
 Triple Berry Bars

Mon, June 24 – Happy Camp LO

Grilled Salmon w/ Tartar Sauce
 Vegan: Tikka Masala
 Roasted Mixed Vegetables
 Spring Mix Salad Bar
 Forbidden Black Rice
 Whole Wheat Rolls
 Jungle Cookies

Tuesday, June 25 – Etna

Smoked Baby Back Ribs
 Vegan: BBQ Tempeh
 Vegan Baked Beans
 Green Beans
 Cornbread w/ Honey Butter
 Homestyle Green Salad
 Lemon Bars

Wed, June 26 – Etna LO

Miso Mustard Cod
 Vegan: Chili w/Butternut Squash
 Wild Rice
 Roasted Herbed Zucchini
 Kale Mix Power Salad
 Garlic Parmesan Breadstick
 Vegan Berry Pastry

Thursday, June 27 – Weed

Grilled Flank Steak
 Vegan: Chickpea Curry
 Peas and Carrots
 Garlic Red Mashed Potatoes
 Kale Power Salad w/SG Dressing
 Rustic French Roll
 Chocolate Brownies

Friday, June 28 – Weed LO

Shredded Chicken Burrito Bar
 Vegan: Seasoned TVP Crumble
 Whole Wheat Tortillas
 Flame Roasted Corn & Black Beans
 Black Beans
 Spanish Rice
 Shredded Cheese, Pico De Gallo, Sour
 Cream, Black Olives & Jalapenos
 Cinnamon Sugar Churros

Salad bar provided at each site

Assorted Green Salads, Legumes,
 Cottage Cheese
 Assorted Vegetables, Croutons,
 Sunflower Seeds
 A variety of salad dressings