

2019 AGLOA National Tournament

Meal-Plan Menu

Friday, April 26, 2019 – Dinner (Meal Plan Meal #1)

Herb-Roasted Turkey Breast with Lemon Sage Turkey Gravy
Creamy Mashed Potatoes
Mixed Vegetables
Applesauce
Apple Pie
Water & Lemonade (Regular or Sugar-Free) Station
Regular & Decaffeinated Coffee Station

Saturday, April 27, 2019 – Breakfast (Meal Plan Meal #2)

Danish and Assorted Croissants
Whole Fresh Bananas
Assorted Cereals with Milk
Hearty Oatmeal
Sausage
Orange Juice & Water Station
Regular & Decaffeinated Coffee Station

Saturday, April 27, 2019 - Lunch (Meal Plan Meal #3)

Make-Your-Own Turkey Sandwich
- Turkey Deli Meat, American Cheese, White Wheat Sliced Breads, Tomato, Lettuce,
Onion, Pickle Spears, Mayonnaise and Mustard
(Vegetarian Option Available*)
- Grilled Vegetables & Hummus on a Multigrain Roll
Packaged Lays Chips
Whole Bananas
Famous Amos Cookies (with No Nuts)
Water & Lemonade (Regular & Sugar-Free) Station
Regular & Decaffeinated Coffee Station

Saturday, April 27, 2019 - Dinner (Meal Plan Meal #4)

Chicken Tenders with BBQ Sauce/Ranch Dressing
Dinner Rolls
Mixed Greens Salad with Ranch Dressing
Macaroni and Cheese
Maple Glazed Baby Carrots
Fruit Salad
Water & Lemonade (Regular or Sugar-Free) Station
Regular & Decaffeinated Coffee Station

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Sunday, April 28, 2019 - Breakfast (Meal Plan Meal #5)

Toaster Stations: White & Wheat Bread with PC Butter/Margarine & Assorted Jellies
Sliced Melon
Assorted Cereals with Milk
Scrambled Eggs
Sausage
Orange Juice & Water Station
Regular & Decaffeinated Coffee Station

Sunday, April 28, 2019 - Lunch (Meal Plan Meal #6)

Make-Your-Own Salad
- Mixed Greens with Carrots, Cucumbers, Croutons, Ranch and Red Wine Vinaigrette
Make-Your-Own Chicken Taco
- Seasoned & Unseasoned with Shredded Lettuce, Sliced Jalapenos, Shredded Cheddar Cheese, Tomato, Salsa and Sour Cream
(Vegetarian Option Available*)
- Fajita Vegetables (Sauteed Red Bell Peppers, Green Bell Peppers, Onions)
Rice Pilaf
Corn
Churros
Water & Lemonade (Regular or Sugar-Free) Station
Regular & Decaffeinated Coffee Station

SUNDAY DINNER IS *NOT* PROVIDED AS PART OF THE MEAL PLAN.

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Monday, April 29, 2019 - Breakfast (Meal Plan Meal #7)

Assorted Muffins
Whole Fresh Apples
Assorted Cereals with Milk
Pancakes with PC Butter/Margarine & Syrup
Bacon
Orange Juice & Water Station
Regular & Decaffeinated Coffee Station

Monday, April 29, 2019 - Lunch (Meal Plan Meal #8)

Make-Your-Own Sliders to include:
- Chicken and Vegetarian Black Bean Burger, Mayonnaise, Ketchup, Mustard,
Cheddar Cheese, Lettuce and Tomato
Potato Salad
Green Beans
French Fries
Brownies (with No Nuts)
Water & Lemonade (Regular or Sugar-Free) Station
Regular & Decaffeinated Coffee Station

Monday, April 29, 2019 - Dinner (Meal Plan Meal #9)

Make-Your-Own Chicken Pasta Alfredo
- Penne Pasta, Grilled Chicken, Alfredo Sauce, Marinara Sauce and Grated Parmesan
Cheese
Vegetarian Lasagna
Caesar Salad with Parmesan Cheese and Croutons
Garlic Bread Sticks
Mixed Vegetables
Peach Cobbler (Rounds)
Water & Lemonade (Regular or Sugar-Free) Station
Regular & Decaffeinated Coffee Station