

A Summer Company Retreat

Menus week 1

*** Serving 10-11 ***

V=vegan

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SUNDAY Lunch

cold cut & cheese platter

lettuce ~ tomato ~ pickles v

vegan chicken salad v

Vegannaise v ~mayonnaise~ mustard v

watermelon mint salad v ~ egg salad ~ white bean & radish salad v

bread ~ crackers~ rice Cakes

SUNDAY Dinner

Columbian coconut braised chicken

& cherry tomatoes

over wilted kale v

Optional: coconut braised tofu v

almond tabouli v

MONDAY Lunch

cold cut & cheese platter

lettuce ~ tomato ~ pickles v

vegan chicken salad v

Vegannaise v ~mayonnaise~ mustard v

watermelon mint salad v ~ egg salad ~ white bean & radish salad v

bread ~ crackers~ rice Cakes

MONDAY Dinner

almond crusted white fish

corn & collard salad v

quinoa pilaf v

black bean burgers v

TUESDAY Lunch

cold cut & cheese platter
lettuce ~ tomato ~ pickles v
vegan chicken salad v
Vegannaise v ~mayonnaise~ mustard v
watermelon mint saladv ~ egg salad ~ white bean & radish salad v
bread ~ crackers~ rice Cakes

TUESDAY Dinner

Marinated Tri-Tip Roast
Southwestern Corn Ragout v
Sweet Potato Oven Fries v
Food Fairy Snap Pea & Blue Berry Salad v
Black Bean Burgers (in Freezer) v

WEDNESDAY Lunch

LEFTOVERS of:
Cold Cut & Cheese Platter
Lettuce ~ Tomato ~ Pickles v
Vegan Chicken Salad v
Veganaise v ~Mayonnaise~ Mustard v
Watermelon Mint Salad v ~ Egg Salad ~ White Bean & Radish Salad v
Bread ~ Crackers~ Rice Cakes

WEDNESDAY Dinner

Gringo Enchiladas Vegetarian
Gringo Enchiladas v
Lime Cilantro Slaw v