



## SAMPLE MENU

### **Friday Dinner:**

Homemade Turkey & Feta *or*  
Black Bean burgers on freshly baked burger buns *with*  
Fircom grown garden salad  
Dessert: Build your own banana splits

### **Saturday Breakfast:**

Blueberry Pancakes with fresh cut fruit *or*  
Yogurt and granola

### **Saturday Lunch:**

Quiche made with Free run eggs *with*  
garden salad *or*  
homemade soup  
(*ex. curried carrot, tomato basil, chicken noodle*)

### **Saturday Dinner:**

Mezze platter with olives, artichoke hearts, pita, falafel, hummus,  
fresh cut veggies, quinoa salad, *with*  
BBQ meat *or*  
Veggie skewers  
Dessert: Chocolate or Vanilla cake

### **Sunday Continental Breakfast**

Freshly baked assortment of muffins, bagels, cereal and granola with fruit  
Juice, coffee & tea

### **Sunday Brunch/Lunch:**

Stuffed French toast with berries and cream cheese, *or*  
scrambled eggs, hashbrowns, sausages, bacon *and*  
fruit salad and yogurt