

Three Otters Eco Retreat, LLC: Riverside Adventures & Education

Sample Menus for Meal Plans - Draft 2-18-15

BREAKFAST							
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Frittata	Scrambled Eggs	Fried Eggs	Scrambled Eggs	Scrambled Eggs	Frittata	Scrambled Eggs	
Ham	Sausage	Bacon	Ham	Sausage	Sausage	Bacon	
French Toast	Cereal /	Pancakes	French Toast	Cereal /	Cereal /	Pancakes	
	Oatmeal			Oatmeal	Oatmeal		
Fruit	Fruit or Snack	Fruit	Fruit	Fruit	Fruit	Fruit	
Bagels / Toast							
Coffee / Tea /							
Milk / Juice /							
Smoothies							

COOKED LUNCH							
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Grilled	Hot Dogs /	Grilled Shrimp	Grilled	Hamburger/veggie	Tuna Melt	Burritos	
Sandwich	Veggie Dogs	Salad	Sandwich	burger	Sandwiches		
Garden Salad	Garden Vegetable	Bread/Roll	Garden Salad	Garden Salad	Salad	Grilled Veggies	
Soup	Soup	Soup	Soup	Soup	Soup	Rice	
Milk/Juice/Water	Milk/Juice/Water	Milk/Juice/Water	Milk/Juice/Water	Milk/Juice/Water/	Milk/Juice/Water	Milk/Juice/Water/	
Lemonade/Tea	Lemonade/Tea	Lemonade/Tea	Lemonade/Tea	Lemonade/Tea	Lemonade/Tea	Lemonade/Tea	

PACKED LUNCH							
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Sandwich							
Snack or	Snack or	Snack or	Snack or Granola	Snack or	Snack or	Snack or	
Granola	Granola	Granola		Granola	Granola	Granola	
Fruit or Veggies							
Water							

DINNER							
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Chicken and	Hamburgers, Hot	Grilled	Fajitas: Chicken	Pasta Toss with	Vegetarian and	Lasagna	
Vegetable Stir	Dogs, Veggie	Sandwiches	and / or Steak	Veggies and	Meat Chili	-	
Fry	Patties		with Vegetables	Sauce			
Soup	Garden Salad	Soup	Rice	Soup	Bread	Garden Salad	
Dessert	Dessert	Dessert	Dessert	Dessert	Dessert	Dessert	
Milk or Water	Milk or Water	Milk or Water	Milk or Water	Milk or Water	Milk or Water	Milk or Water	