

Highland Lake Cove Sample Menu

Thursday dinner

Smoked organic chicken

Organic short grain brown rice

Stewed pinto beans with onion thyme and cumin

Salsa and sour cream

Salad bar with lots of healthy toppings

Organic Sprouts, carrots, celery, hothouse tri-colored sweet cherry tomatoes, cucumbers, nuts and cheeses

Gluten free tortilla chips with homemade hummus

Cookie

Friday breakfast

Greek yogurt and gluten free granola bar with dried fruits and nuts

Toast station

Jelly, jam, all natural peanut butter, cream cheese

Fresh fruit selections

Local organic skillet roasted sweet potatoes with rosemary and roasted garlic

Scrambled eggs with onions peppers mushrooms and cheese or plain eggs

Pork or turkey sausage

Coffee, decaf, hot tea selections

Friday lunch

Chicken salad and homegrown egg salad sandwiches on local breads

Summer squash soup

Salad bar with lots of healthy toppings

Organic Sprouts, carrots, celery, hothouse tri-colored sweet cherry tomatoes, cucumbers, nuts and cheeses

Gluten free tortilla chips with homemade hummus

Lemonade and flourless chocolate cookies

Friday Dinner

Shrimp scampi w/ Pasta

Zucchini onion mushroom

Roasted Asparagus

Garlic bread

Salad bar with lots of healthy toppings

Organic Sprouts, carrots, celery, hothouse tri-colored sweet cherry tomatoes, cucumbers, nuts and cheeses

Saturday breakfast

Greek yogurt and gluten free granola bar with dried fruits and nuts

Toast bar w/ jam, all natural peanut butter, cream cheese

Fresh fruit selection

Scrambled eggs

Applewood smoked bacon/turkey bacon

Organic gluten-free buckwheat pancakes with real maple syrup

fresh cut strawberries and blueberries

Coffee, decaf, hot tea selections

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Saturday lunch

Gluten free tacos... Beef or seasoned all-natural chicken with tricolored peppers, black beans, and onions

Roasted tomato salsa and sour cream house made guacamole

Salad bar with

Organic sprouts, carrots, celery, hothouse tri-colored sweet cherry tomatoes, cucumbers, nuts and cheeses, boiled eggs

Gluten free tortilla chips and hummus

Fresh cut pineapple and grapes

Lemonade and cookies

Saturday dinner

Coconut curry stir fry with chicken, pineapple, peppers, onions, and garbanzo

Cilantro lime quinoa rice

Egg rolls w/ Bragg's

Salad bar with lots of healthy toppings

Organic Sprouts, carrots, celery, hothouse tri-colored sweet cherry tomatoes, cucumbers, nuts and cheeses

Sunday breakfast

Greek yogurt and gluten free granola bar with dried fruits and nuts

rice cakes and gluten-free bread

Jelly, jam, organic peanut butter, cream cheese

Scrambled eggs

Anson mills stone ground yellow grits Pork, turkey, and veggie sausage

Fresh fruit selection

Coffee, decaf, hot tea selections

Sunday lunch

Baked potato bar with cheddar cheese sour cream green onion

Ground Turkey Chili with chipotle and lots of veggies

Gluten free corn bread

Salad bar with lots of healthy toppings

Organic Sprouts, carrots, celery, hothouse tri-colored sweet cherry tomatoes, cucumbers, nuts and cheeses

Gluten free tortilla chips with homemade hummus

Lemonade and cookies