**FALL 2023 OA Piedmont Group**

FRIDAY DINNER $17 per person

Baked Chicken Breasts and Thighs

Quinoa (no oil or butter or salt added. Spices are ok)

Broccoli Steamed (No oil, butter or salt; added. Spices are ok)

Steamed Carrots (No butter, oil, or salt added).

Pinto Beans (Spices ok, NO salt, oil, or butter)

Vegetable Soup WITHOUT pasta or potatoes, corn or rice. Beans OK

Tofu

Hummus

Peanut butter (Natural) NO sugar, salt or oil added

Salad Bar Green salad. On the side -nuts (raw almonds, sesame seeds, hardboiled eggs, red peppers, onions, cheese, parsley, cucumbers, carrots, tomatoes chopped kale, oil and Balsamic vinegar, sugar free dressing,

Butter/Soy based Margarine / Nut butters

Fresh Fruit

Sugar Free Lemonade, Sugarless Iced Tea

Herbal Tea, Decaf Tea, Regular Coffee,

Decaf Coffee, Water, Unsweetened Almond Milk, Skim Milk, Artificial Sweetener (stevia plus any other type)

SATURDAY BREAKFAST $11 per person

Scrambled Eggs

Turkey Sausage and Turkey Bacon (no sugar)

Plain Sugar Free Yogurt

Plain Sugar Free Nut milk yogurt (almond or coconut based yogurt)

Gluten Free Oatmeal (not packaged, cooked in a pot only with water only

Walnuts, raw almonds available on the bar

Tofu

Cooked Vegetables (Broccoli and Kale)

Fresh Blueberries, strawberries, bananas, oranges and apples

Sugar Free Grits

Whole Wheat Toast

Gluten free toast

Butter, Soy Based Butter/Margarine (On the bar, Please do not add to any food)

Fresh Fruit

100% Fruit Juices, Orange and Grapefruit juice-Herbal Tea, Decaf Tea,

Decaf Coffee, Regular Coffee, Water, Unsweetened Almond Milk

Skim Milk, Artificial Sweetener (stevia plus any other type)

SATURDAY LUNCH $14 per person

Sliced Turkey, Sliced Cheese

Water Packed Tuna-Mayonnaise on the Side

Peanut Butter (natural ground peanuts, no sugar or other additives)

Salad Bar (should include nuts (RW almonds, sesame seeds, hardboiled eggs, greens, onions, ok to have cheese on side, oil, Balsamic vinegar, sugar free dressing, cucumbers, carrots, tomatoes)

Lettuce Leaves for wraps for those who do not eat breads

Vegetable Soup (only vegetables such as greens, summer squash zucchini, tomatoes, carrots, and onions (no corn, no potatoes, no noodles or rice) Beans OK

Whole Wheat Bread

Gluten free bread

Tofu

Butter, Soy based Margarine Regular and Fat Free Mayonnaise and Mustard

Fresh Fruit

Sugar Free Lemonade, Sugarless Iced Tea (Herbal & Decaf), Coffee (Regular & Decaf), Water, Skim Milk, Artificial Sweetener (stevia plus any other type), Unsweetened Almond Milk

SATURDAY DINNER $18 per person

Salmon (Steamed Fish)

Baked Potato

Baked Sweet Potato

Vegetable soup, no pasta, rice, or potatoes. Beans Ok

Steamed Vegetables (Kale, summer squash NO oil or butter

Salad Bar (should include nuts (raw almonds, sesame seeds, sunflower seeds, walnuts, hardboiled eggs, greens, onions, ok to have cheese on side, oil, vinegar, sugar free dressing, cucumbers, carrots, tomatoes, chopped kale)

Black Beans, Plain

Tofu

Shredded Cheese on side

Butter, Soy based Margarine/Butter

Fresh Fruit

Sugar Free Lemonade, Sugarless Iced Tea,

Herbal Tea, Decaf Tea, Decaf Coffee, Regular

Coffee, Water, Skim Milk, Artificial Sweetener (stevia plus any other type) , Unsweetened Almond Milk

SUNDAY BREAKFAST $12 per person

Scrambled Eggs

Turkey Sausage & Turkey Bacon (sugar free)

Plain Sugar Free Yogurt

Sugar Free Grits

Gluten Free Oatmeal (not packaged, cooked in a pot with water only)

Walnuts, raw almonds

Tofu

Peanut Butter NO Salt, sugar or oil

Blueberries, strawberries, bananas and other fresh fruit.

Soy based Margarine/Butter

100% Fruit Juice, orange and grapefruit, Herbal Tea, Decaf Tea,

Decaf Coffee, Reg. Coffee, Water,

Skim Milk, Unsweetened Almond Milk, Artificial Sweetener (stevia plus any other type)

*Note to Cooks : all foods must be sugar free, including condiments and nut butters (Dukes Mayonnaise is sugar free. Milks and Yogurts should be sugar free. No foods should use artificial sweeteners. No mixed foods should contain cilantro, asparagus, pineapple. Foods must be prepared to avoid gluten contamination. Processed meats need to be sugar and gluten free (i.e turkey sausage and turkey bacon and sliced turkey) It should say it is gluten free on the label. Foods need to be baked or steamed. No FRIED FOOD. Beans need to be prepared without meat. Frozen berries are acceptable if fresh are out of season.*  *Whole fruits are better than juices. Many of us don’t eat breads. Lettuce wraps are included for those who do not eat bread and want a sandwich like food.*

*Please Label dishes at mealtimes with all ingredients*